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JOHANNA SCHNELLER
Welcome to the wild, wild Westworld
metroLIFE

Suicide data for students alarming

MENTAL HEALTH

Those who considered, or attempted, both increased

Helen Pike
Metro | Calgary

The numbers are in, and in Alberta, mental health is still a crippling concern for students — despite a marked increase in funding.

Since reporting in 2013, the number of students who have seriously considered suicide rose from 9.5 to 13.1 per cent. And attempts, which in 2013 were pegged at 1.3, have jumped to 2.1 per cent according to the National College Health Assessment for the Alberta region.

Dexter Bruneau, the Council of Alberta University Students (CAUS) chair, said the numbers are quite alarming, and show the need for campuses to continue receiving mental health-specific funding.

"People are feeling things are hopeless, overwhelmed, feeling exhausted, lonely, sad, depressed, anxiety, anger," said Bruneau, "with many of them at least two-thirds, nearing all, of students experiencing these things."

Debbie Bruckner, senior director of access and support with student wellness from the University of Calgary, said when you consider the amount of the post-secondary population those figures represent, it's staggering. But she, along with others in the field — and the provincial government — all noted it's in line with what they expected.

"That being said, in Alberta the post-secondary institutions engage in discussion, so they certainly reflect our experience."

More coverage, page 4

ELIZABETH CAMERON/FOR METRO

'HELP THESE ANIMALS OUT'

Calgary temperatures too much for stray dogs, cats metroNEWS

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metro NEWS

Your essential daily news

Is this a plate of hot food, or a hot spring? Japan worried 'onsen' emoji will confuse tourists. **World**

Nenshi, Ganley hunt for clues to prepare for pot legislation

MARIJUANA

Officials aim to learn from Colorado's mistakes

Helen Pike
Metro | Calgary

Pot legalization didn't solve everything for Colorado: that's one of the lessons Justice Minister Kathleen Ganley returned to Alberta with on her fact-finding mission as the province's go-to on pot policy.

As the province and municipalities wait for hints from the federal government on pot legalization, one thing is clear: a number of nitty-gritty legislation challenges will be falling on your local government's shoulders.

"It probably didn't solve all of the problems that proponents would suggest," said Ganley. "It also didn't result in a disintegration to social disorder the way some objectors would suggest."

She noted that Colorado made some mistakes in its legislation process, which Ganley hopes Alberta can avoid.

"They have had some problems in terms of regulating the level of THC in edibles," she explained, adding that because of the restrictions on smoking indoors, and in public, the edibles economy exploded. "They have now imposed regulation on that, but previously, that wasn't the case, and it resulted in some serious consequences for some individuals who took it."

Mayor Naheed Nenshi met with the mayor of Denver to discuss legalization of pot at the municipal level. METRO FILE

Although legal, Ganley learned there was still a black market for the drug, taking it out of state, or growing weed outside of the eyes of regulation. Each legal plant has a barcode that takes it from seed to plant through to the end of its life.

Mayor Naheed Nenshi is meeting with Colorado officials, too. Last week, he met with the mayor of Denver to talk business, but mostly pot.

"Making such a big change at the federal level has huge implications on cities," said Nenshi. "And so, I've really been pushing hard on the Federation of Canadian Municipalities (FCM) to work hard on a joint city response, based on the good knowledge of the people in Colorado and Washington state, who have gone through all this drama."

The mayor, like Ganley, points to the legislation of edibles, noting it gets rid of the public "disorder" of second-hand smoke, and the smell, but is more difficult to control.

Nenshi believes it makes a lot of sense for the FCM to sort these types of questions across the country to prevent individual cities from "getting into the weeds" (and yes, he went there with that pun).

Ganley said as the government moves forward on several scenarios, she's hoping to collaborate with municipalities.

"It's a little bit challenging at this point, because we don't have information from the federal government," she said. "But all levels of government have an interest in making sure the public is safe, as we move forward."

TO CONSIDER

Legislation sticking points

- Municipal zoning regulations
- Provincial distribution methods and regulations
- Will there be home growing, home extraction
- What kind of pesticides can be used on the plants
- Provincial fire codes will need to be updated

Justice Minister Kathleen Ganley went on a fact-finding mission to Colorado to see how pot legalization was rolled out in that state. THE CANADIAN PRESS FILE

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HUDSON'S BAY

Dexter Bruneau, The Council of Alberta University Students (CAUS) chair, hopes the government will consider a per-student funding model for mental health. JENNIFER FRIESEN/ FOR METRO

Mental health stats show need for long-term funds

EDUCATION

Students hope province will make support permanent

Helen Pike
Metro | Calgary

For students, a continued stream of steady mental health funding is what will better student experience, and hopefully change thoughts of suicide to messages of hope.

In 2016, the provincial government provided $3.6 million in funding to post-secondary institutions, which enabled them to continue mental health programs they initiated with funding from the previous government.

Dexter Bruneau, the Council of Alberta University Students (CAUS) chair, said he hopes the government will consider making mental health funding permanent, and fund institutions on a stable, per-student basis.

Rachelle McGrath, Healthy Campus Team Lead with Mount Royal University, said they have been participating in the National College Health Assessment survey since 2006, in a two-year cycle — but now administer the survey every three years.

"Overall what the Alberta reference group from 2016 tells us is that mental health continues to be a health need and priority for our students, but that there are also some areas one might not anticipate — like sleep," McGrath said. "It really helps you get the fuller picture of what students are experiencing."

Along with seeing increases in mental health diagnoses, McGrath said the data also suggests that students are more willing to seek help from a professional.

"Sometimes it can be hard to tease out if the occurrence is increasing," McGrath said. "Or if it's that the occurrence is the same, but we've done a good job at creating safe inclusive environment."

Bruneau said what's especially telling is students' perceptions of drinking, and use of substances is much higher than the reality, which can lead to isolation.

"It speaks to a general culture where people aren't fully aware of what people are up to," said Bruneau. "That might contribute to some of the other things, like loneliness and sadness … they think everyone is out partying, when in fact a lot of them might be sitting at home."

The provincial government is working on a new model with stakeholders to give stable funding to post-secondary institutions. And that model should be implemented in the 2017 to 2018 school year.

"I've heard first-hand the concerns of students across the province who are struggling with their mental health and I know that finding a model for mental health supports that works for students is a priority," said Advanced Education Minister Marlin Schmidt.

Tackling students' problems with rest

A good night's sleep is coming between students and their studies.

The NHCA report found 37 per cent of students are reporting sleep difficulties with only 5.3 per cent being treated for insomnia and 3.4 per cent being treated for other sleep disorders.

When asked, 28 per cent of students would say sleep difficulties would affect their academics.

And as a response to the data at MRU, McGrath said their counselling team has created a new workshop students can access for free.

She said the school also recently hosted a peer-based event where students dressed up as zombies. It was called the "walking dead tired" and zombies went around with sleep facts and tips.

> "There's more awareness about the effects of electronics in the bedroom." Rachelle McGrath

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THEFT

Toddler's ashes found

The ashes of Hunter Hudson have been recovered and will be returned to his family, according to Calgary Police.

The toddler's ashes were in his mother's purse when it was stolen from a northeast Calgary pub on Dec. 2.

Surveillance footage provided by the pub revealed two women entering and leaving a few minutes later, with Laura Hudson's purse.

In a release, Calgary Police said the entire contents of the stolen purse were recovered, along with the ashes.

The investigation remains ongoing, and no arrests have been made.

METRO

MEDICAL EXAMINER

Interim chief steps up

Alberta's interim acting chief medical examiner is getting a promotion, of sorts.

Dr. Elizabeth Brooks-Lim has been the acting chief medical examiner for the province since July.

Brooks-Lim has now been appointed the official chief medical examiner for Alberta — no prefixes needed, according to a release from the office of Alberta's Justice and Solicitor General, Kathleen Ganley.

The office of the medical examiner conducts an investigation when a sudden death occurs, or a death which cannot be explained.

The appointment will take effect as of February 1, 2017.

METRO

Matt Worona stands at the corner of Royal Avenue and 8 Street SW, where tire tracks in the snow reveal 7,000 square feet of potentially wasted space. JENNIFER FRIESEN/FOR METRO

Snow reveals unused intersection space

TRAFFIC

'Sneckdowns' could be useful urban planning tool

Brodie Thomas
Metro | Calgary

Matthew Worona has been looking around Calgary since the latest snowfall, and where others see intersections, he sees potential.

Worona has been looking for areas he calls sneckdowns — patches of untouched snow in intersections that show underutilized space.

"You see it at the corner of 4 Street and 5 Avenue SW," said Worona. "That location sees thousands of vehicles a day, and there's untouched snow six or seven feet into the intersection."

The word comes from an obscure urban planning term called a neckdown, where a street narrows before an intersection.

Sneckdowns are not Worona's idea, but he's encouraging Calgarians to send examples of them to his website, sneckdowncalgary.com.

"I think just the fact that it's unused is the exciting part, because there's so many ideas you can do," said Worona.

The sneckdowns he's seeing tell him that many Calgary intersections are overbuilt. By taking back some of the unused space, it can instead be used by pedestrians and cyclists, or to increase green space.

7,000 sq. ft.

Unused space found at the intersection of Royal Avenue and 8 St. SW

Sneckdowns also have potential to help with city infrastructure. One idea Worona has seen in other cities is to create small gardens that slow the flow of rainwater into the city's storm water system.

"At the bottom of hills where you have these sorts of spaces, you can put some marshland-style plants with a culvert, so when you have a huge storm as Calgary does occasionally, you can actually manage the flow of that water."

By extending curbs and making intersections smaller, Worona notes that the city would be making the distance pedestrians have to cross that much smaller.

Jonathan Chapman, programs coordinator with the city's Liveable Streets division, said his department is actively considering the areas Worona is flagging through his website.

"We can't be everywhere so we do count on citizens to flag those and bring them to our concerns," said Chapman.

He said sometimes intersections have to be wider so the occasional fire engine or garbage truck can make the turn, but other examples are valid.

"They certainly are a great canary in the coal mine and they're helping us identify places we need to look at more closely," said Chapman.

PIPELINES

Clark applauds Notley's trip west

Alberta Premier Rachel Notley showed courage visiting British Columbia to voice her support for Kinder Morgan's Trans Mountain pipeline expansion, Premier Christy Clark said Wednesday.

Clark said Notley bravely came to B.C. to make her province's case in favour of the $6.8 billion oil pipeline project.

"I think Rachel Notley did the right thing," Clark said in a conference call with reporters. "I know it takes courage to come to a place where people may not be happy with the decision."

Notley was in Vancouver this week meeting with various media outlets, but did not hold any public events. She also met with B.C.'s Opposition New Democrat Leader John Horgan, who opposes the pipeline project.

The premiers are meeting with the prime minister in Ottawa Friday where the issue will likely come up for discussion along with environmental and health-care issues, Clark said.

Notley said Wednesday in Edmonton that her trip to B.C. helped give Alberta's side of the debate.

"I was pretty pleased with the degree to which we were able to inject some of the other facts and maybe bring down the intensity (of the debate) a little bit," she said.

Notley said she didn't expect to change Horgan's mind on his opposition to the project.

"There is more that unites us than divides us (between BC and Alberta NDP), but this is an issue on which we are currently divided," she said.

THE CANADIAN PRESS

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PROVINCIAL OUTLOOK

Worst appears to be over, economists say

Alberta Finance Minister Joe Ceci met with key economists Wednesday to look ahead to 2017, with the consensus being the worst is over for the provincial economy.

But Avery Shenfeld, chief economist of CIBC, said how much things will improve is still up in the air and tied to the price of oil.

Ceci and the economists discussed a range of issues, including Alberta's looming carbon tax.

Shenfeld said while taxes are always a balancing act, the upside of the carbon levy is that it will be recycled back into the economy and is likely less harmful than, say, a higher direct tax on oil producers.

> **Canada is going to be adjusting to a carbon price.**
> Mary Webb, Scotiabank

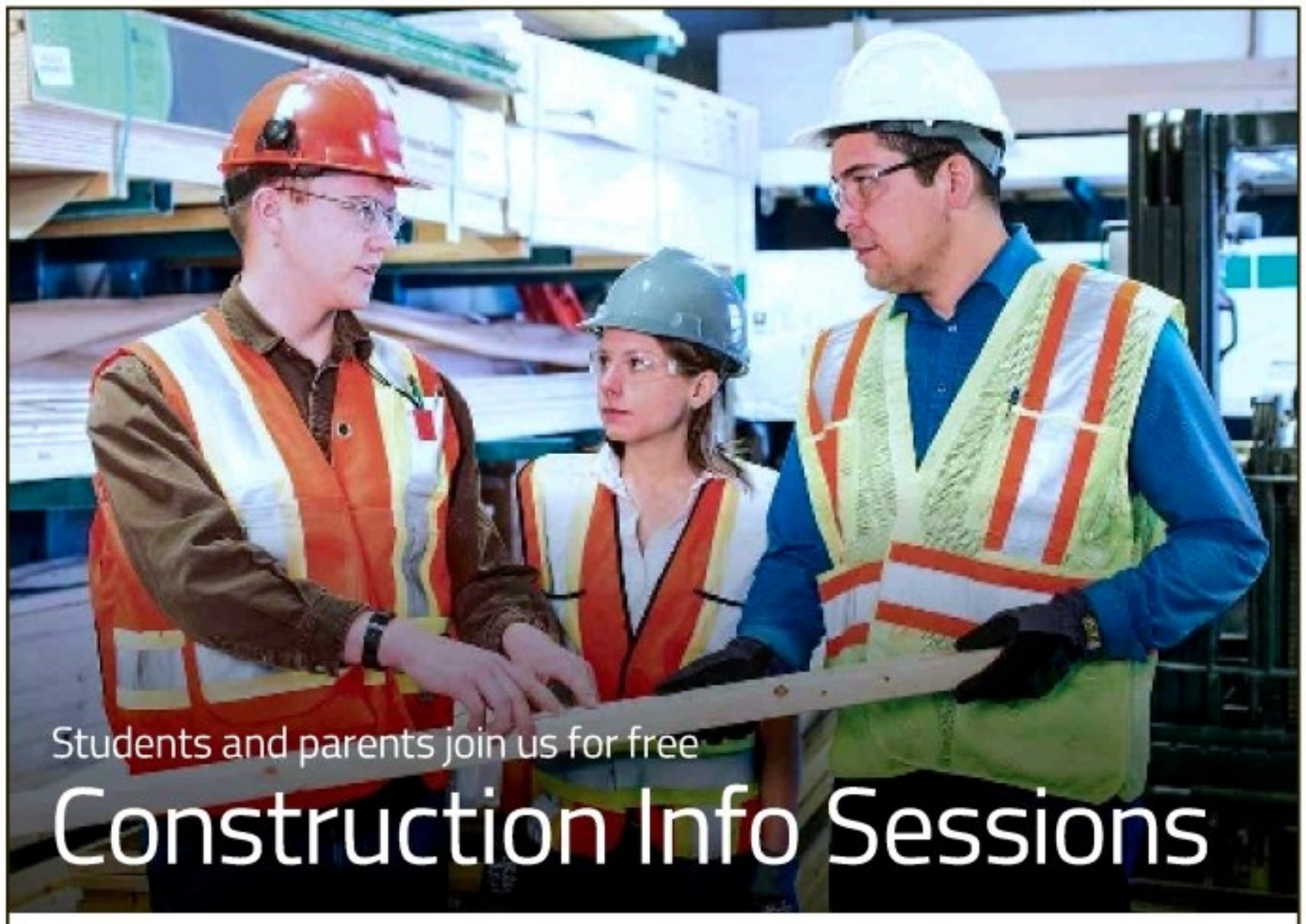
Mary Webb, with Scotiabank Economics, said what's good about the carbon tax is that Alberta has tailored it to suit its needs rather than having one imposed from the outside. "All of Canada is going to be adjusting to a carbon price," said Webb.

She said when it comes to oil, they have to take into account not only supply, but also what the future demand will be given the growth in renewable energy.

"Renewable energy is obviously an area where we've seen already huge strides in technology that has impacted the price. It's now more affordable," said Webb.

The carbon tax takes effect on Jan. 1, hiking the cost of gasoline at the pumps and home heating bills to create a multibillion-dollar fund that will invest in green projects, such as rapid transit.

THE CANADIAN PRESS



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Ezzulddin Al-Ogaidi, 17, was the victim of a northeast Calgary homicide over the weekend. CONTRIBUTED

'He was like a brother'

CRIME

Friend recalls teen homicide victim as funny and caring

Lucie Edwardson
Metro | Calgary

The friend of a Calgary teen killed over the weekend described him as a "brother" to their group of friends. Cesar Abusahmin said 17-year-old Ezzulddin Al-Ogaidi, known by friends as Ezzy, was a funny and caring person.

"He's the type of guy that lives in the moment and doesn't let the problems that he's facing affect the mood of the others around him," said Abusahmin.

Al-Ogaidi was the eldest of three siblings and the man of his house, according to his friend, who has known him for four years.

"Every single one of those years have been a blessing," he said. "He was like a brother to me and our friends."

Al-Ogaidi was the victim of an apparent homicide that occurred at a home on San Diego Way over the weekend, according to Calgary police, who said they located the teen's body near Morley on Monday.

"Thankfully a member of the community who became aware of the event sometime between Saturday night and Sunday evening had the courage to come forward to police and articulate what he knew," said Insp. Don Coleman, who added the tip prompted the investigation to begin Sunday.

Ahmed Abid, 24, Mohammed Khalil, 28, and Ashraf Jase Ajil, 23, have all been charged with accessory after the fact to murder. They will next appear in court Thursday. Police said more charges are possible pending investigation.

Coleman said investigators found further evidence at the home in Dover.

"It was apparent there had been a fire in the backyard, so police intervened and it would appear there were attempts to destroy evidence going on," he said.

Coleman said police have located firearms and are running tests to see if they were used in this crime.

Police originally said they were looking for Kasetta Marshall, 19, but said she has since been in contact with police and is to be interviewed Wednesday afternoon.

"She'd be a person of interest and what her involvement in this was will be determined at the conclusion of her interview," said Coleman.

Coleman said all those involved knew one another, but out of respect for the young victim the nature of relationships will not be shared.

Anyone with information is asked to contact police or Crime Stoppers anonymously.

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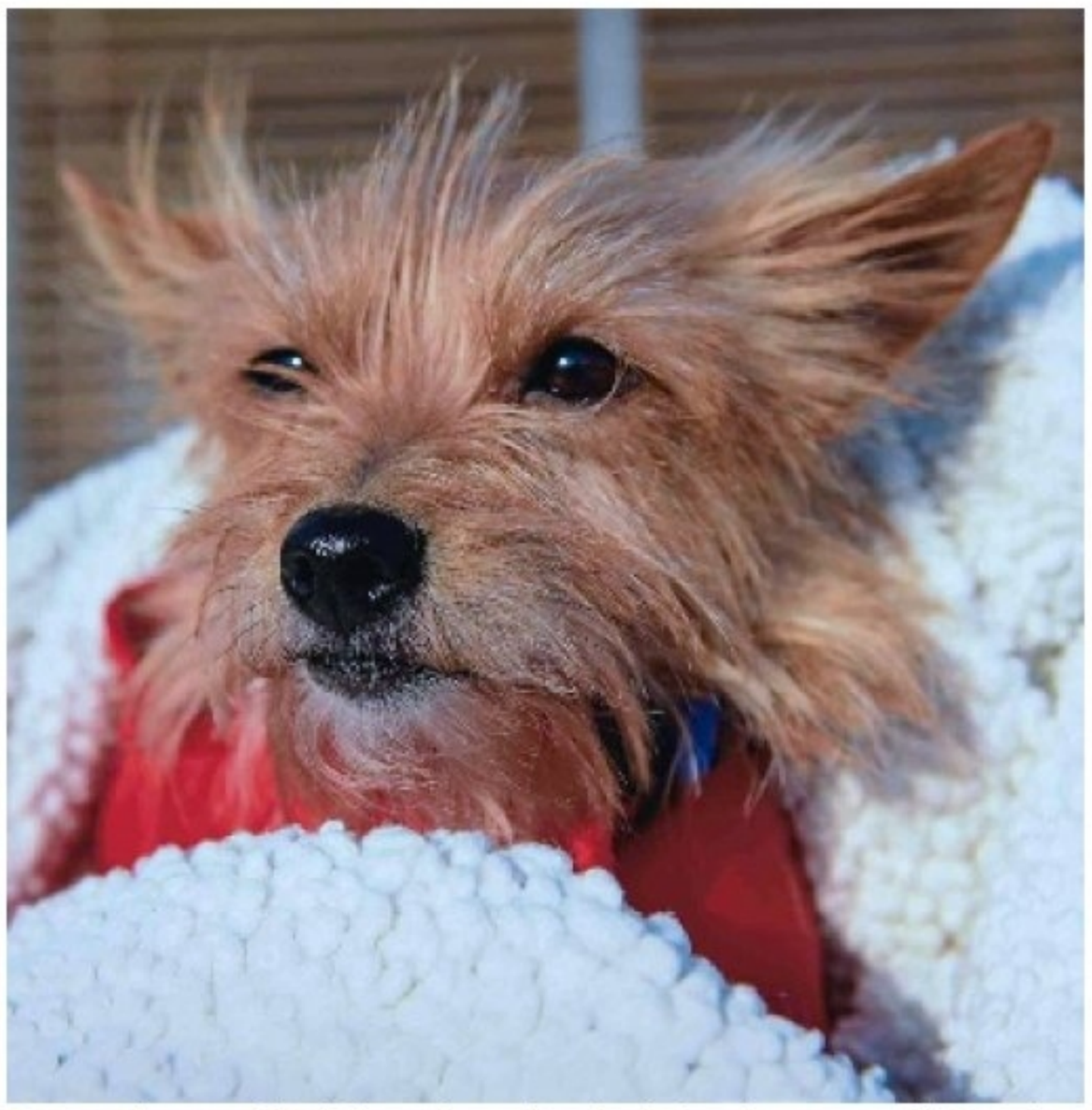

Nutmeg, a five-year-old Yorkshire terrier, was homeless before she was rescued in November. Many dogs and cats are at considerable risk in the cold weather. ELIZABETH CAMERON/FOR METRO

Frigid temps pose a danger to strays

ANIMAL RESCUE

Last year the city had over 4,000 reports of pets at large

Aaron Chatha
Metro | Calgary

It's cold out there for Calgary's homeless animal population — and those dogs and cats don't have the same resources humans do.

Sage Pullen McIntosh, spokesperson with the Calgary Humane Society, said temperatures below zero present a real danger to stray animals.

"They don't have the same escape routes that we do. Like, they're not able to walk themselves to a shelter or go into a home uninvited," she said. "It can be really tough for them."

From Dec. 31, 2015 to March 31, 2016, the Calgary Humane Society took in 457 stray animals — that's about 32 per cent of their intake.

Doug Anderson, inspector with Calgary Community Standards (formerly Animal Bylaw Standards), said between March 15 and Oct. 15 they received more than 3,000 calls for animals running loose on the street. That's in addition to the 1,400 cases where animals were loose, but contained by Calgarians.

And that's mostly just dogs.

In fact, cats are really hard to count over the winter months, since they're so good at finding shelters wherever they can — but that includes places like the hood of a car, which presents its own unique danger.

The city's normal process is to trap cats and collect them during the warmer parts of the year.

"But we won't trap during the winter months because it's too cold — we don't want an animal caught and left there for an hour or two hours," said Anderson.

While some breeds of dogs, like Huskies, are better acclimated for the inclement weather, most breeds are in danger of frostbite and significant damage to their paw pads. It's a cruel life when just walking starts causing a dog pain.

Anderson said from October to this past Tuesday, Calgary Community Standards has already been called 1,200 times to collect strays, with 500 animals being picked up by citizens.

If you see a stray animal, McIntosh and the Humane Society are asking Calgarians to help collect the animals and bring them to the nearest vet clinic, whether it looks like they're injured or not. It's better to err on the side of caution. If the animals are tagged, the city or the Humane Society will help return them to their owners.

"If they're not able to (collect them), we ask people to call 3-1-1," she said. "We do know it's tough for the city to get out there sometimes, so, we're asking people to help these animals out. That's the best thing possible."

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10 charged in organized crime bust

POLICE

Multiple forces involved in year-long investigation

Lucie Edwardson
Metro | Calgary

Multiple people have been arrested and an alleged Calgary-based organized crime group is no more, after a year-long investigation ended in November.

Calgary police Staff Sgt. Keith Hurley said the Alberta Law Enforcement Response Team (ALERT), with the assistance of several police agencies in multiple provinces, began its investigation in November 2015 into the group with ties to Manitoba and British Columbia.

"ALERT deployed a number of specialized police techniques and resources," he said. "An investigation of this scale required the cooperation of multiple policing agencies."

Search warrants were issued in Calgary and the Okanagan area of B.C. during the investigation.

Staff Sgt. Barry McCurdy of the RCMP said the investigation concluded with the arrest of Timothy Varga, 40, of Calgary.

Staff Sgt. Barry McCurdy LUCIE EDWARDSON/METRO

"ALERT is alleging that Varga provided instruction to the criminal organization, committed offences for the criminal organization, recruited members and conspired to commit multiple offences," said McCurdy, who added that Varga previously served time for manslaughter.

According to police, a loaded handgun was discovered in Varga's home along with a variety of drugs, including methamphetamine and ketamine.

Varga has been charged with eight offences, including six separate firearms charges.

McCurdy said the others involved had varying degrees of leadership in the group.

"Our investigation focused primarily on disrupting their suspected street-level drug sales," he said.

In total, 111 charges related to organized crime, firearms, and drug trafficking and possession have been laid against 10 individuals from Calgary. A full list of names is available online.

Andrew McGuire is still at large and is wanted on a Canada-wide warrant. According a release from ALERT, he's believed to be in the Calgary area. Anyone with information about McGuire is asked to contact Calgary Police or Crime Stoppers.

Const. Jack Mills and 15-year-old Marselay Ismael pose with Santa before taking part in the 11th annual CopShop at Marlborough Mall. LUCIE EDWARDSON/METRO

HOLIDAY SHOPPING

'Deserving' students rewarded by police

Since moving to Calgary last year from Iraq, 15-year-old Marselay Ismael has worked tirelessly to do well in school and make a new life — and she was rewarded for her efforts.

On Wednesday, deserving students from District 4 schools in northeast Calgary were invited to participate in the 11th annual CopShop event. CPS officers were paired with students, who each received a $200 Marlborough mall gift card, for a day of bonding and holiday shopping.

"I feel very happy and excited," said Ismael. "It's something — I don't know how to explain it, but it's special. It makes me very happy because I did a lot of hard work this year."

Ismael was paired with Const. Jack Mills, who participated in CopShop for the first time Wednesday. He said it was nice to be a part of something positive with the youth.

"It's fun, these kids have worked really hard to earn this and it's great to be a part of it," he said.

Mills said he'll have no problem keeping up with a 15-year-old girl on a shopping spree.

"I don't think I'll have an issue, I have a step-daughter at home who's a teenager so it won't be too hard for me," he said.

Acting Supt. Leah Barber, who works out of District 4, has participated in CopShop for six years. She said it's a good way to have a positive impact on the lives of teens in the community.

"Lots of these kids we don't normally see — which is a good thing — so it gives us an opportunity to get to know them and forge relationships we wouldn't normally have the opportunity to do," she said.

Deputy Chief Paul Cook thanked the student participants for making good decisions over the last year.

"Sometimes making good decisions is difficult, but it always pays off in the end," he said.

"Students, you're all role models for your peers at home, at school and in your community. It's important you always remember that you can make a difference."

LUCIE EDWARDSON/METRO

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Snow Angels step in to help neighbours

HELPING HANDS

Volunteers clear sidewalks as annual program starts

Jennifer Friesen
For Metro

With biting winds and heaps of snow, clearing Calgary's sidewalks isn't always easy — and it's especially hard on some.

Enter here the Calgary Snow Angels: volunteers who pick up a shovel and hit the streets to help elderly neighbours and those in need by keeping their sidewalks clear.

The city launched its 13th annual Snow Angel program Wednesday, encouraging Calgarians to get on board.

Geoff Moore, City of Calgary Snow Angels program coordinator, shovels snow on Wednesday after announcing the launch of the Snow Angel season. JENNIFER FRIESEN/FOR METRO

"Anyone can be a Snow Angel, it's a matter of getting out and helping your neighbours," said Geoff Moore, Snow Angels program coordinator.

"If you see someone older, someone who lives next to you, maybe someone who has mobility challenges, you can help them out."

Ranging in age from eight to 85, volunteers have been clearing walkways every year to help out. Since the program began in 2004, approximately 8,500 citizens have been recognized as Snow Angels.

The program draws for prizes on social media throughout the season, and it culminates in April when one Snow Angel is drawn for the grand prize: a snow blower.

Moore said the Snow Angels react with surprise and pride when they're nominated, but he doesn't believe it's simply the prizes or acknowledgment that keeps them going.

"I think they enjoy the recognition, but I don't think a lot of them do it for the recognition," said Moore. "They just see the need and they help out."

To nominate a Snow Angel, call 311, or visit www.calgary.ca/snowangels for more information.

PAYDAY LOANS

New rules broaden repayment options

Another part of the Alberta government's new payday loan law has come into effect.

Lenders now are required to provide all loans with payback instalment plans that span at least three pay periods.

Borrowers can repay a loan any time between 42 and 62 days, and there is no penalty for early payback.

The number of pre-authorized withdrawals lenders can make from a borrower's account are also restricted to avoid extra fees.

It's part of legislation passed last spring to protect borrowers by enforcing lower interest costs and broadening repayment rules.

> **Some families are struggling between paycheques.**
> Stephanie McLean

Payday lenders provide up to $1,500 in cash to people to tide them over from paycheque to paycheque.

The president of the Canadian Payday Loan Association has said that lending companies won't be able to absorb the changes. Tony Irwin said the law will lead to a significant contraction of the industry in Alberta.

Service Alberta Minister Stephanie McLean says it's important that the government support families by improving consumer protections.

The province says Alberta now has the lowest interest rate for payday loans in Canada. In August, the rate was reduced to $15 per every $100 borrowed from $23 for every $100.

McLean said short-term loans are sometimes necessary for people trying to make ends meet.

"As families across the province prepare for a busy holiday season, many are shopping for Christmas presents, and are looking forward to spending time together," McLean said Wednesday. "But some are struggling between paycheques this season and many need a short-term loan to bridge that gap."

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ENTERTAINMENT

Brothers win $10K grant for animation project

Aaron Chatha
Metro | Calgary

A city under threat of nuclear destruction — and there's only one person to call.

No, not a bomb tech or officer of the law. Don't be silly.

The answer, of course, is the mighty Bunny Phantom!

Brothers Simon and Vinson Chan just got $10,000 from Storyhive to make their vision of a bunny-hooded superhero come to life.

"The Bunny Phantom was a superhero we came up with as kids," recalled Simon Chan. "It was something we played make-believe, and to bring it to life now as adults and realizing this childhood fantasy is really cool."

Actually, The Legend of the Bunny Phantom is something of a parody on recent superhero movies.

It's a bit silly and fun, and their stop-motion animation techniques give them opportunities to create some pretty impressive spectacles — all using Lego.

The Legend of the Bunny Phantom is a parody of superheroes, rendered in Lego, stop-motion style. COURTESY BANANA PLANET FILMS

"We wanted to make our own version of these on-screen blockbusters, and stop-motion lets us widen the scope," said Chan. "If we were doing live action, you can't really make all these spectacles. We're trying to make it really over the top and ridiculous in the action scenes."

> **We're trying to make it really over the top.**
> Simon Chan

The pair have worked in stop-motion and Lego before, so they're familiar with the process, and how tedious it can be.

If the average film runs at 24 frames per second, that's 24 individual pictures the duo has to shoot to get just one second of movement, doing incremental changes for each shot.

As per the requirements of the grant, they have about five months to turn in their project — so progress is quickly chugging along.

"There's so much work that goes into it, but it's really cool to see everything come together," said Chan. "You're bringing these objects to life."

FINANCIAL CRIMES

Task force forms to ensure security

The Alberta Securities Commission and RCMP are teaming up to prevent individuals from slipping through the cracks on securities-related criminal offences.

The Joint Serious Offences Team will investigate what it calls quasi-criminal cases under Alberta's Securities Act and related offences that fall under the Criminal Code.

Stan Magidson, chair of the securities commission, says the new unit will target repeat offenders, serious frauds and breaches of securities legislation.

He says the two bodies will share information and work together at an earlier stage, reducing the chances of parallel investigations and prosecutions.

The nine-person team, which is already up and running, is made up of investigators, forensic accountants, legal professionals and RCMP officers.

Magidson says the RCMP involvement should make tougher sentences more likely for those convicted of white-collar crimes.

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Indigenous and Northern Affairs Minister Carolyn Bennett looks on as Assembly of First Nations Chief Perry Bellegarde speaks during a session at the AFN Special Chiefs assembly in Gatineau, on Wednesday. ADRIAN WYLD/THE CANADIAN PRESS

First Nations split over energy projects

ASSEMBLY OF FIRST NATIONS

Debate over pipelines projects takes centre stage

A First Nations leader from northern Alberta is urging his fellow chiefs to resist buying into the arguments of environmentalists opposed to pipeline projects and the oilsands.

Fort McKay Chief Jim Boucher said his small community of 800 Cree and Dene people is dependent on the oil industry for its economic well-being.

In the 1980s, Boucher said his reserve turned to the oil industry when its trapping economy was "going in the tank", noting the partnership has led to employment for band members.

"We are pro-oilsands," he said. "If it wasn't for the oilsands, my people would be in poverty right now."

The debate about controversial energy projects, including the Kinder Morgan pipeline, recently approved by the Liberal government, took centre stage Wednesday at an Assembly of First Nations meeting.

"We want you to understand that it is not a clear-cut issue," Boucher said.

"Our people will be affected if the economy goes down in Alberta, especially the oilsands economy. Our people will be put out of work — we will back on that social list."

It is critical to ensure industry does not divide First Nations, said Kanesatake Grand Chief Serge Simon — a Quebec Mohawk leader who is part of the Treaty Alliance Against Tar Sands Expansion.

In September, indigenous people from Canada and the U.S. signed an agreement to fight plans to build pipelines, saying additional development will harm the environment.

"I'm not going to let the industry divide Chief Boucher and myself," Simon said. "I just don't agree with expansion of the tarsands."

Indigenous leaders have a responsibility to block threats to the land, water and their people, he added.

"First Nations are going to be the first climate refugees," Simon said. "There's no doubt about it."

Natural Resource Minister Jim Carr personally contacted Simon and apologized for remarks for suggesting "defence forces" might respond to non-peaceful protests.

Canada not only tolerates dissent, but it embraces dissent, because it is an essential characteristic of being Canadian, Carr added outside a Liberal caucus meeting on Tuesday.

AFN National Chief Perry Bellegarde has acknowledged that First Nations are split over pipelines, including the Kinder Morgan link between Alberta and suburban Vancouver.

His organization does not have an official position on the project, but Bellegarde said communities maintain the right to self-determination. THE CANADIAN PRESS

GOVERNMENT

Climate plan still in the works

The long-awaited pan-Canadian climate plan to be finalized this week by Prime Minister Justin Trudeau and the premiers won't include a detailed account of how Canada will meet its international 2030 emissions target.

Federal sources tell The Canadian Press that while there will be a list of climate policies taken by various governments, don't expect to see a balance sheet laying out the specific path to 524 million tonnes of greenhouse gases.

Erin Flanagan of the Pembina Institute think tank and others are quick to praise policy moves so far — including a federal floor price on CO_2 emissions starting in 2018 — but also note the Liberal government's recent major fossil fuel infrastructure approvals take Canada's emissions profile in the wrong direction.

"We have not yet seen the first ministers articulate what that balance sheet looks like for the country and we think that's an essential output for the meeting on Friday," Flanagan said Wednesday in a conference call. THE CANADIAN PRESS

Sponsorship to speed up

GOVERNMENT

Another $25M allotted for immigration backlog

Ottawa has vowed to cut the processing times and backlogs for spousal immigration applications by more than half with an expanded annual quota for 2017 and a new simplified application kit available next week.

Starting immediately, most spousal sponsorship applications submitted in and outside Canada will be processed within 12 months, down from the current average of 26 months and 18 months respectively, Immigration Minister John McCallum announced on Wednesday.

"We have listened to Canadians and are delivering results. Bringing families together makes for a stronger Canada. Canadians who marry someone from abroad shouldn't have to wait for years to have them immigrate or be left with uncertainty in terms of their ability to stay," McCallum told a news conference in Brampton, Ont.

"What we are announcing today is a more efficient, more considerate process to reunite families."

> **Bringing families together makes for a stronger Canada.**
> John McCallum

Complaints by Canadians and their foreign spouses and dependants over long processing times and lengthy separations had fallen on deaf ears under the previous Conservative government.

Although the Liberals had made the backlog a priority during the election, the immigration department had been preoccupied with the ambitious project to resettle thousands of Syrian refugees. TORSTAR NEWS SERVICE

Reform survey vulnerable to hacking

Ryan Tumilty
Metro | Ottawa

Ammario Reza stands outside Parliament on Wednesday. RYAN TUMILTY/METRO

An Ottawa man said he has voted multiple times in the Liberal government's new democracy survey and believes it's designed to fail.

Ammario Reza said just by using different devices and logging onto a café's Wi-Fi he has managed to vote multiple times in the mydemocracy.ca website.

"All it asks for is a postal code and that's it. It accepted the results," he said. "It just kept accepting the results over and over again."

He said he backs a move to a proportional representation system and was disappointed the survey wasn't more substantial.

He said it feels like a survey geared to deliver an incomplete answer.

"They're really trying, as desperately as possible, to get a result that they could interpret in a way that would suit them," he said.

David Valentin, executive vice-president of Mainstreet Research, said the inclusion of a postal code actually helps create a survey that will be fairly measured.

"If 1,000 people in my postal code in Montreal fill out the survey, our responses are only going to count proportional to our population."

He said the open-ended survey likely aims to ensure people actually want the voting changes that are being talked about.

"I think what the government is really trying to gauge with this survey is whether or not there is a desire within the Canadian populace to change the voting system," he said.

Much like launching a new product, Valentin said this survey will give the government a sense of what people want to see change and what they want to stay the same.

"You're not going to propose a product until you know what the needs are."

He said the government can do all kinds of surveys and polls, but a survey like this is probably the best gauge of what Canadians will want.

"That one probably is going to give you the best sense of whether it will actually pass."

Thousands take refuge in mosques

INDONESIA

Nearly 100 people killed, hundreds more injured

Family members gather around earthquake victims in Pidie Jaya, Aceh province, Indonesia, on Wednesday. A strong earthquake rocked Aceh, killing a large number of people and sparking a frantic rescue effort in the rubble of dozens of collapsed buildings. THE ASSOCIATED PRESS

Thousands of people in the Indonesian province of Aceh took refuge for the night in mosques and temporary shelters after a strong earthquake Wednesday killed nearly 100 people and destroyed dozens of buildings.

Some were homeless after the quake made their houses unsafe and others were too scared to return home. Killer quakes occur regularly in the region, where many live with the terrifying memory of a giant Dec. 26, 2004, earthquake that struck off Sumatra. The magnitude-9.1 quake triggered a devastating tsunami that killed more than 100,000 Acehnese.

Maj. Gen. Tatang Sulaiman, chief of the army in Aceh province, said at least 97 died in the magnitude-6.5 quake that hit before dawn Wednesday, while four people had been pulled from the rubble alive. The Indonesian government declared a two-week emergency period in Aceh and some aid was already reaching hard-hit areas.

The rescue effort involving thousands of search officials, villagers, soldiers and police is concentrated on Meureudu, a severely affected town in Pidie Jaya district near the epicenter. Excavators and rescue teams removed debris from shop houses and other buildings where people were believed to be buried.

The pace of the search slowed after night fall, hampered by rain and blackouts.

The U.S. Geological Survey said the earthquake was centred about 19 kilometres southeast of Sigli, a town near the northern tip of Sumatra, at a depth of 17 kilometres. The agency had initially placed the epicenter undersea. It did not generate a tsunami.

Siti Rukiah, 51, a mother of four, was among the many people taking refuge in local mosques. She and about 100 other people from Pante Raja, a seaside village in Pidie Jaya district, fled to Nur Abdullah mosque located on higher ground in a nearby hamlet.

She said the quake was shallow and felt so powerful she had to grab onto a table to keep from falling down. She was sure a tsunami was coming.

> **"I'm really scared about a tsunami. I don't want to return home tonight.**
> Siti Rukiah

"I'm really scared about a tsunami," said Rukiah, whose brother and neighbours died in the 2004 disaster. "I don't want to return home tonight, not only because my house is damaged, but I am still afraid an aftershock could cause a tsunami."

Aceh's disaster mitigation agency said more than 600 people were injured. The national disaster agency said about 245 buildings were seriously damaged or destroyed in Pidie Jaya and neighbouring Bireuen district, including 14 mosques. The rest were mainly dwellings and shop houses.

THE ASSOCIATED PRESS

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Families wait to be taken to a camp for displaced people on Nov. 23 in Bartalla, east of Mosul, Iraq. THOMAS COEX/AFP/GETTY IMAGES

IMMIGRATION

Trump chooses hardliners but talks softer

Donald Trump embraced new cabinet officers Wednesday whose backgrounds suggest he's primed to put tough actions behind his campaign rhetoric on immigration and the environment, even as he seemed to soften his yearlong stance on immigrants brought to the U.S. illegally as children.

It's clearer by the day, underscored by Trump's at-times contradictory words, that his actual policies as president won't be settled until after he takes his seat in the Oval Office.

Retired Marine Gen. John Kelly has been selected to head the Department of Homeland Security, and Oklahoma Attorney General Scott Pruitt, a climate-change denier whose policies have helped fossil fuel companies, is to be announced as head of the Environmental Protection Agency.

Separately, Trump named the former chief executive of World Wrestling Entertainment, Linda McMahon, to head the Small Business Administration.

Trump's long presidential campaign was in large part defined by searing rhetoric and his steadfast promises to build an impenetrable wall on the border with Mexico and crack down on immigrants living in the U.S. illegally. But he struck a softer tone in an interview published Wednesday after he was named Time Magazine's "Person of the Year."

"We're going to work something out that's going to make people happy and proud," Trump said. "They got brought here at a very young age; they've worked here, they've gone to school here. Some were good students. Some have wonderful jobs. And they're in never-never land because they don't know what's going to happen."

He offered no details about a policy that would make that clear. THE ASSOCIATED PRESS

Race to help the displaced

IRAQ

UN scrambling for land to shelter those fleeing Mosul

The UN is scrambling to find enough land to shelter those displaced by the fighting to retake Mosul from Daesh as humanitarians brace for the exodus of as many as 700,000 people from the city, an official said Wednesday.

Bruno Geddo, the UN's top humanitarian official in Iraq, told The Associated Press that there is currently enough space in camps for 180,000 people.

"That is the thing that makes us somehow sleepless at night. You cannot be complacent when you still one million people inside the city. It is bound sooner or later that you may have tens of thousands of people who come out in flash outflow," he explained.

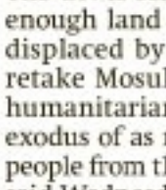
Geddo said he and his colleagues were haunted by the memory of Fallujah where some 65,000 people fled the city over three days during an operation to retake the city from Daesh in June, quickly overwhelming humanitarian efforts.

He says the UN has learned from that experience and that so far he was pleased that Iraqi forces appeared to be doing their utmost to avoid civilian casualties. The downside of protecting civilians, however, is that slows down operation just as winter is approaching and the prices of water of and fuel are skyrocketing.

"In the end, the choice is theirs. It is a very stark choice. They may be hit by a land mine or a sniper, ISIS has a policy of killing anybody trying to flee. They may be caught in the crossfire, but if they stay they may also be reached by rockets and otherwise they may be facing penury over the full winter," Geddo said, using an acronym to refer to the Islamic State group.

THE ASSOCIATED PRESS

Japan worried emoji will confuse tourists

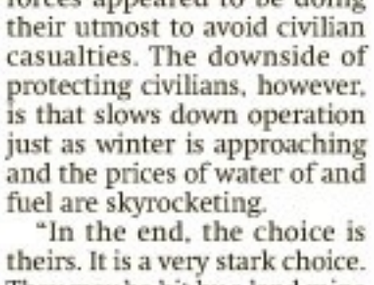


Rebecca Chiu
Metro | Toronto

Japan is worried Westerners visiting for the Olympics in Tokyo will be confused by a popular map and sign symbol indicating hot springs, and expect food to be awaiting them instead.

The country is more than three years away from hosting the 2020 Summer Games, but officials think the onsen symbol looks too much like a plate of hot food with steam rising from it.

The symbol representing hot springs is already included in emoji sets from both Apple and Google, who have taken inspiration from Japan's maps and signs.



Japan might change the "onsen" symbol — meant to indicate hot springs. TWITTER

The companies could have to do the same if Japan decides to make the change.

The country is reviewing some 90 other symbols as Japan prepares to host the Games.

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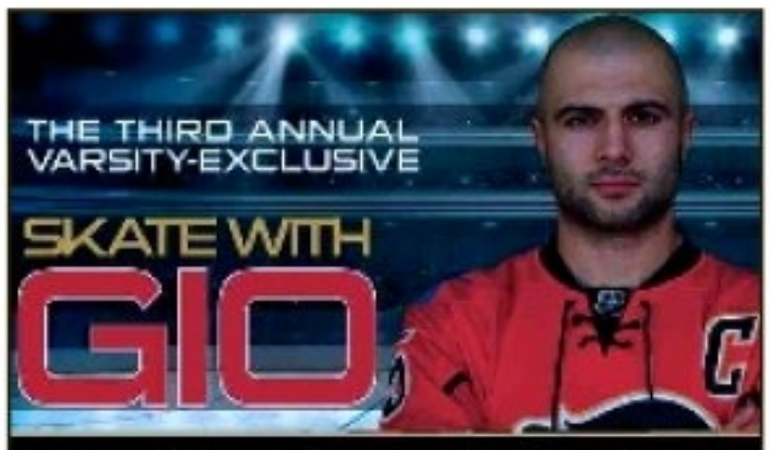

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Starbucks to open 12,000 new outlets

GROWTH

More food, app with artificial intelligence in five-year plan

Starbucks, looking to the future as its longtime CEO moves to other projects, plans to open 12,000 new locations within five years to boost its number of coffee shops worldwide by almost 50 per cent.

The Seattle-based chain is also adding more food to its menu next year, including organic soups, gluten-free breakfast sandwiches and a wheat-free cooked egg product. And sometime in 2017, customers will be able to talk to the Starbucks app to order a latte or cookie instead of tapping their smartphones.

Starbucks outlined its five-year growth plans to investors on Wednesday, about a week after it announced that Howard Schultz, who has built Starbucks into a global brand with 25,000 locations since first joining the company more than 30 years ago, would step down as CEO in April. Starbucks has been facing increasing competition from Dunkin' Donuts and McDonald's as those companies add more specialty coffee drinks to their menus.

About 5,000 of the 12,000 stores Starbucks plans to open by 2021 will be in China. The company said again that it expects China to eventually overtake the U.S. as its largest market, but didn't say when it expects that to happen. Today there are about 2,500 stores in China and more than 13,000 in the U.S.

Starbucks is increasing the total number of its coffee shops worldwide by almost 50 per cent. AFP/GETTY IMAGES

5,000

Number of new outlets Starbucks plans to open by 2021 in China.

Starbucks also wants to get more customers to buy lunch at its shops by offering organic soups and adding more sandwiches and wraps. Iced beverages, such as cold brew coffee and iced lattes, are expected to become more popular in the next five years and account for about half of beverage sales, the company said.

An app update next year will use artificial intelligence technology to let customers order by voice and have the app respond immediately with a message. In China, the company said it is teaming up with popular messaging app WeChat to let users buy digital Starbucks gift cards for their friends.

THE ASSOCIATED PRESS

MOOSE KNUCKLES

Parka-maker reaches deal with watchdog

Winter jacket maker Moose Knuckles has reached a deal with the Competition Bureau regarding concerns over its advertising and labelling of certain parkas that are promoted as made-in-Canada.

Under the agreement, reached through mediation, the company has agreed to donate $750,000 over five years to charities in Canada, such as those that provide winter coats to children in need.

In addition, Moose Knuckles has agreed to make it clearer that certain parkas are made with Canadian and imported components.

Made in Canada Moose Knuckles coat with it's label.
TORSTAR NEWS SERVICE

The company will also add operations at its Canadian factories and implement an internal compliance program to ensure that advertising and labelling issues do not occur again.

The Competition Bureau had alleged winter coats marketed as made-in-Canada were mostly made in Vietnam and elsewhere in Asia.

The bureau alleged that only the finishing touches to the jackets, such as the trim, zippers and snaps, are done in Canada, something that Moose Knuckles "vigorously" rejected.

Moose Knuckles said the agreement will secure the continued employment of hundreds of skilled Canadian workers.

The company said it appreciates the guidance it has received from the Competition Bureau to improve the information available to consumers and has reaffirmed its implementation of the regulator's made-in-Canada guidelines.

"Our brand may be cheeky, but we take seriously our commitment to Canadian manufacturing and working within the framework outlined by the Competition Bureau in its guidelines," Noah Stern, CEO of Moose International Inc., said in a statement.

THE CANADIAN PRESS

market minute

DOLLAR	75.55¢ (+0.27¢)
TSX	15,237.75 (+111.95)
OIL	$49.77 US (–$1.16)
GOLD	$1,177.50 US (+$7.40)

NATURAL GAS: $3.60 US (–3.0¢)
DOW JONES: 19,549.62 (+297.84)

GIFT LIST

Brooke Shields lifts syrup sales

Brooke Shields' gift list is sweetening a Vermont family farm's sale of maple syrup.

The 109-year-old Robb Family Farm in Brattleboro says it's seen a 60 per cent jump in sales since the actress listed the syrup among her 12 best holiday gifts for women published in People Magazine's holiday gift guide last month.

Shields told the magazine: "We go through a lot of maple syrup in our house."

Shields' list includes the $14.95 pint-sized tin of syrup, a skincare travel set, a scarf, a necklace, a book, pens and $100 Hermes playing cards.

The Robbs sell their maple syrup at their farm store, a local store and online to customers around the country.

They sell it in a number of different containers — plastic and glass jugs.

But ever since the photo of the retro State of Vermont syrup can appeared in People, the Robbs have sold more cans than usual, at least 80.

THE ASSOCIATED PRESS

metro VIEWS
Your essential daily news
Thursday, December 8, 2016

EMMA TEITEL ON A SNUBBED SUFFRAGETTE

I was ticked off that Nellie McClung wasn't going to appear on money until I revisited the life and times of my childhood hero and learned some unsavoury things

When I was a kid I had two heroes: Queen Hatshepsut, the fifth pharaoh of the eighteenth dynasty of Egypt, and Nellie McClung, the late and great suffragette of Winnipeg.

Needless to say, these women did not have a lot in common. Queen Hatshepsut wore a fake beard and is believed to have gone to bed with her architect, Senenmut, on a regular basis. Something tells me that McClung, a no-nonsense Christian and a teetotaler, wasn't a big fan of sex out of wedlock (even with a master builder) or, for that matter, dressing up in drag.

But like Queen Hatshepsut, McClung was a big fan of women's legal rights — a cause she fought long and hard for alongside the rest of "The Famous Five": Henrietta Muir Edwards, Irene Parlby, Louise McKinney and Emily Murphy.

In 1929, McClung and her peers successfully petitioned for a woman's right to be appointed to the Senate in the landmark "Persons Case" — now immortalized in Canadian history textbooks and more importantly, on TV, in its very own Canadian Heritage Minute. (When it comes to an important event in Canadian history, I do wonder, if there's no Heritage Minute to show for it, did it really happen?)

McClung was also a fierce proponent of property rights for married women, children's health and dental care, and safe working conditions in the typically gruesome factories of the day.

It's no wonder why so many of us assumed she'd be the first non-royal female face to appear on Canadian currency.

When Prime Minister Justin Trudeau announced earlier this year that a woman's face would at long last grace a Canadian banknote, McClung was believed by many to be a shoo-in for the position. And yet, despite being the favourite choice in online polls, McClung was not selected to appear on the official short list of female currency candidates. The final decision will be revealed Thursday.

COMPLICATED LEGACY Nellie McClung, shown in an undated photo, was left off the short list of famous Canadian women who are in the running to appear on a banknote.
C. JESSOP/NATIONAL ARCHIVES OF CANADA/THE CANADIAN PRESS

In no particular order, the short list comprises E. Pauline Johnson, Viola Desmond, Elizabeth MacGill, Fanny Rosenfeld and Idola Saint-Jean: all remarkable and worthy candidates (whose achievements range from resistance to racism, to writing, to Olympic running), but who are also arguably far less known than McClung. And it turns out, far less controversial.

The McClung omission ticked off a lot of people. It ticked me off too, until I revisited the life and times of my childhood hero and learned some pretty unsavoury things about the suffragette that my textbooks may have glossed over (or that I may have chosen to ignore). McClung did a lot of good, but she did a lot of bad too. And I'm not referring to the predictable breed of bad that almost everyone in her day was party to (for example, a casual prejudice against minorities and gay people). I'm talking about the kind of bad that verges on evil: like, say, championing eugenics and the forced sterilization of mentally disabled and mentally ill people.

Unfortunately, this sort of thing was Nellie McClung's bag, so much so that according to The Canadian Encyclopedia, McClung's public enthusiasm for eugenics was a big help in the passage of the Alberta Sexual Sterilization Act in 1928, a piece of legislation that enabled the sterilization of almost 3,000 people between 1929 and 1972.

Suddenly, McClung's omission from the currency short list doesn't seem quite so strange, does it? Suddenly, it makes a lot more sense.

A nation's currency — the cash that lines our wallets and creases in our pockets — isn't a private institution or a university scholarship available to few; it's a public resource used (and abused) by all Canadians, the mentally disabled and the mentally ill alike. And I'd much rather see a personage grace my dollar bills who didn't count "legislate eugenics" among her life's greatest achievements. (Also, for the record, there are dozens of other ways to immortalize Canadians with complicated legacies; a more useful question than "Why isn't Nellie McClung on our money?" is "Why aren't there more films and TV shows about the Famous Five?")

Some critics of the McClung omission, such as Shannon VanRaes of Metro Winnipeg, argue that eliminating the suffragette from the running on account of her sterilization advocacy is proof of a sexist double standard. There are, after all a multitude of morally bankrupt men on our banknotes. Why should their faces remain crumpled on the cash in our purses, while McClung's is relegated to history textbooks?

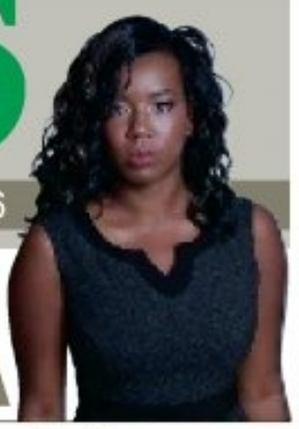
But this argument is misleading. Because the question before us isn't about bank notes past — when people rarely, if ever, questioned the commemoration of a historical figure on account of his or her sins against a marginalized group. The question before us is about bank notes present. And in the present moment, and in the age of president-elect Donald Trump no less, it's a good thing that we don't jump to immortalize historical figures on our national currency who championed eugenics.

This isn't proof of an outdated sexist double standard. It's proof of a modern moral standard that bends toward the dignity of everyone.

A nation's currency is a public resource used by all Canadians, including the mentally disabled

Emma Teitel is a national affairs columnist for the Toronto Star.

VICKY MOCHAMA



An ode to Canada's own pronoun protector

I had hoped that if we stopped caring then one day
Jordan Peterson would gracefully go away
In many interviews with the nation's press
(And well, naturally. Of course. Who else?)
He tells of how he was once a prof at Harvard
Just so you know he's the best, a super smart nerd.

As a professor, though, it seems he'd be a pest
Because, as the breadth and scope of his views suggest,
He has no real interest in citing his sources
Or going back to solely teaching his courses.

But he won't fade away; no, he simply will not.
He's determined to keep the outrage fires hot.
Talking to C2C Journal, a mag of ideas,
He shared a few of his own, and I was all ears:
He won't use gender pronouns like xe, xim or xer.
It's his right not to do so. (The law protects this cur.)

Yet none of that is new — not worth the contention,
It's his other views that bear paying attention:
Women weren't discriminated against, says he.
An untruth so bold as saying a cat is a tree.

Although out his depth, he continues to swim:
The pill makes girls dislike macho men like him.
What the research truly says, if you care to know
is women's choices change, along with their flow.
So in amplifying our tastes, the pill plays a part;
It won't make us hate men — we do that cause it's smart.

Peterson spouts lines from Breitbart, The Daily Mail
where science gets turned into a right-wing fairy tale.
He worries he'll be fired for speaking his truth.
I'm more concerned that he's teaching our youth.

Dr. Jordan Peterson, the controversial, and newly apostrophized, University of Toronto professor. CARLOS OSORIO/TORSTAR NEWS SERVICE

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Dress to be the hottest person at the party

Holiday Ideas

It's that time of year again. Jack Frost nipping at your nose, yuletide carols sung by a choir, and folks dressed up like ... well, thank goodness we're here to help you with that last one. Toronto-based fashion stylist Hazel Ong suggests using seasonal festivities as an excuse to sport something you wouldn't any other time of year. Oh, and: "wear something you can dance all night in," she says. Here are some outfit suggestions, broken down by personality type. NICHOLE JANKOWSKI/FOR METRO

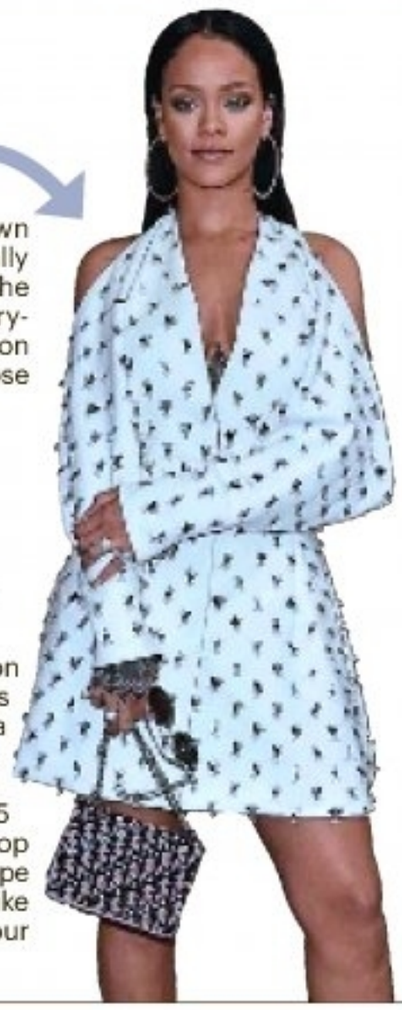
COURTESY BALENCIAGA

The Flirt: show off a work-appropriate erogenous zone

December is still cuffing season, so if you're single and looking to lock one down then consider showing off this season's totally office-party appropriate erogenous zone: the shoulders. Off-the-shoulder has been everywhere since spring but for men, JW Anderson has been doing it since Fall/Winter 2013. Chose a seasonal fabric like a velvet or metallic.

The Centre of Attention: helical striped stockings

If you want to be the most talked-about person in the room then candy cane-striped stockings are for you. Pair red and white tights with a floral or brocade dress for the most impact. The Balenciaga Fall/Winter 2016 runway version seen here is available online, but for $195 it might be worth checking your local sex shop first. Remember, you're looking for a helical stripe that winds up the leg — the idea isn't to look like the Wicked Witch of the West, you want your gams to look like two barber poles.



The Foodie: cinnamon browns and biscotti beiges

If you are what you eat, then why not dress the part? From cinnamon browns to biscotti beiges, head-to-toe nudes are everywhere thanks to Yeezy Season 3 and the Kardashian clan. May we suggest a gingerbread man-inspired ensemble? Choose an overcoat or blazer with oversized buttons to really finish the look.

Rihanna in Christian Dior and Solange Knowles is pictured at a Eckhaus Latta show. Knowles is also wearing Brother Vellies shoes, designed by Canadian Aurora James and carried at Nordstrom's The Space. PASCAL LE SEGRETAIN AND MIREYA ACIERTO/GETTY

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Forget leg room, this is real flying comfort

When some of us fly, we wear sweat pants, fight for arm rests and eat dry chicken. When others fly, they guzzle champagne, wrap themselves in cashmere scarves and sleep peacefully in fold-out beds. If you know someone who fits into the latter category — or aspires to fit into it — we've got the gift guide for you. TORSTAR NEWS SERVICE

Canadiana poncho

Nothing says Canadiana better than Hudson's Bay stripes. And this wool poncho doubles as a cosy blanket during long flights. Available online at thebay.com and in Hudson's Bay stores, $185.

Hand cream

L'Occitane is putting the frequent-flyer customer first with a set of four luxurious 10-mL creams designed to ease the trip through airport security. Available at loccitane.com and in L'Occitane en Provence stores. Package of four, $20.

Face mask

Give the gift of indulgent inflight pampering with a Shiseido white lucent power brightening mask, $76 for a package of six. Available at Hudson's Bay and thebay.com.

Stretchy pants

Lululemon's Embrace the Space pants are perfect for the plane — stylish, wrinkle-free and comfortable. Available at shop.lululemon.com and in Lululemon stores, $128.

eReader

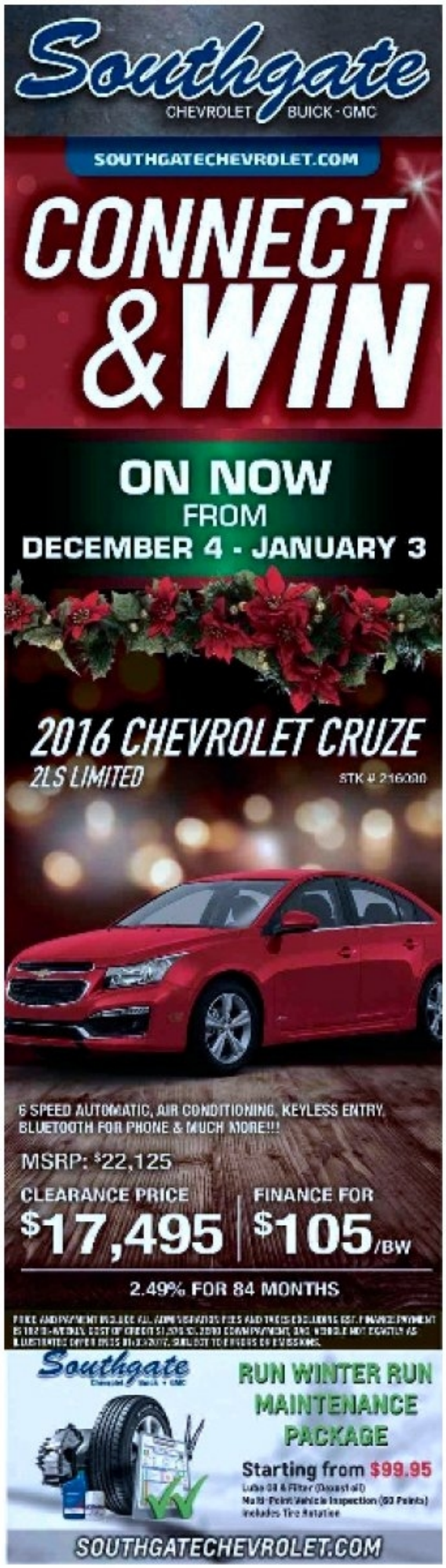
The Kobo Aura One e-reader will lighten the carry-on, leaving room for last minute airport shopping, $249.99. Available at Indigo.

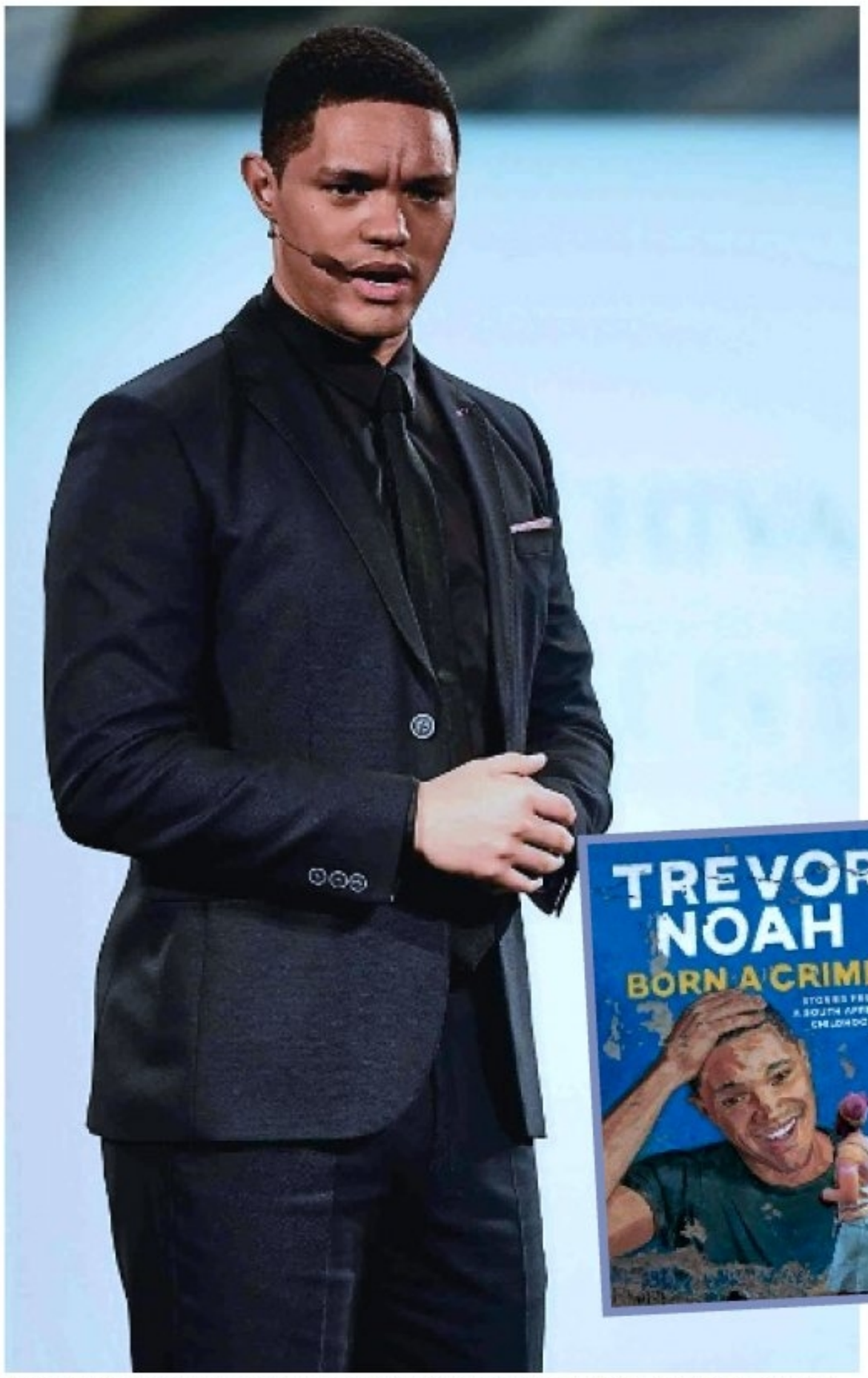
Sleeping aids

Ensure inflight shut-eye with this Ted Baker Shadow Flora travel eye mask and neck pillow set. Available at chapters.indigo.ca and in Indigo stores, $49.

Ticket wallet

For the someone who is continuously misplacing that boarding pass, this Roots leather Ticket Wallet Tribe. Availalble online at roots.com and in Roots stores, $88. Another accessories option is a fuzzy purse decoration that doubles as an electronics charger, from Winners.





Trevor Noah shares 18 personal essays about growing up as a child of a white Swiss man and black Xhosa woman in apartheid South Africa. GETTY IMAGES

Trevor Noah, natural-born storyteller

BORN A CRIME

An outsider living in apartheid South Africa

Sue Carter
For Metro Canada

When Trevor Noah was a kid, his mom would tell stories about how talkative he was. It was like he had a radio in his chest, she would say.

Well before he became one of South Africa's most famous entertainment exports — first as a stand-up comedian, and then as host of the late-night Daily Show — Noah was a natural storyteller, a gift he no doubt inherited from his mother, Patricia, who also emerges as the fierce hero of his new memoir, Born a Crime.

Told in 18 personal essays that are in turn humorous and horrifying, Born a Crime revisits Noah's early years living in apartheid South Africa as the child of a white Swiss man and a black Xhosa woman. The title refers to the fact that under apartheid rule, mixed-race relationships were illegal and could land a couple in prison, and any resulting offspring could be taken away without warning. Noah's relationship with his father was kept hidden, and even rare walks with his mother were fraught with tension. Although apartheid ended when Noah was six, its legacy of poverty, violence and racism remained a constant in his family's lives.

While writing the book, Noah sought out friends and family who reminded him of his early life, and retold their memories.

"I tried to keep the book sounding like I'm telling you the stories, as opposed to a journalistic foray into my life," he says.

Similar to other celebrity memoirs such as Patti Smith's Just Kids, Noah's coming-of-age tale makes little reference to his future success.

> **The great thing about being an outsider is that it forces me to empathize.**
> Trevor Noah

"My main intention was always to stay in around my childhood stories, to give some insight into the world I grew up in," he says.

Growing up, Noah's world was shaped by his lighter skin tone: considered neither black nor white, he became something of a curiosity in both communities. Happily a loner, he spent his time indoors reading books and creating imaginary worlds; he now observes how being on the periphery has helped him living abroad in New York.

"The great thing about being an outsider is that it forces me to empathize and to acknowledge that the world isn't just the way that I see it. You know that communication won't always be met with the utmost enthusiasm," he says. "When I'm at the Daily Show, or even doing stand-up and travelling, you are essentially trying to communicate across worlds. It's something that I really enjoy doing."

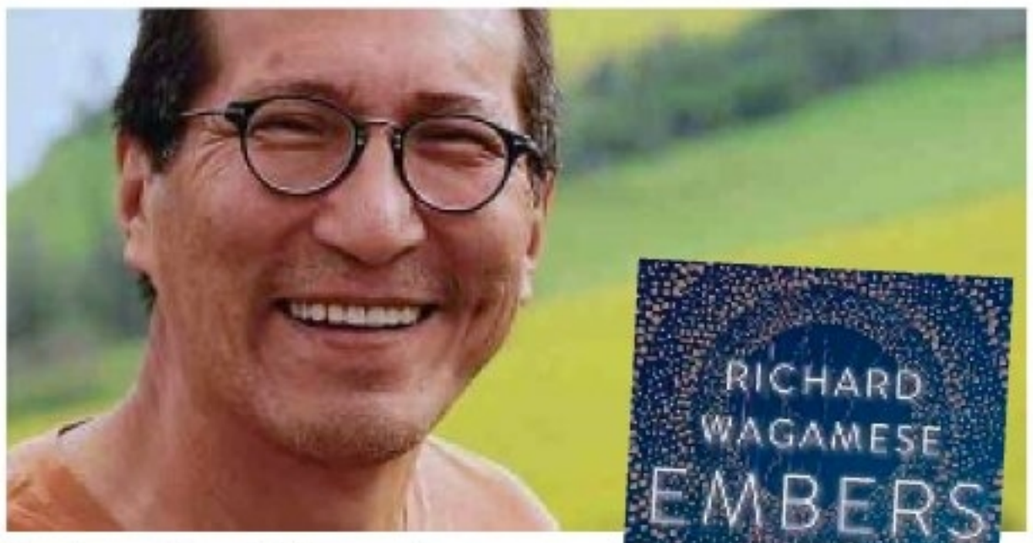
As a teenager, Noah — who hawked pirated CDs and used the money to create a mini-DJing empire in a nearby crime-ridden shantytown — figured out how to use his outsider status to his advantage. Upon Patricia's insistence, he learned six languages, a skill that enabled him to slip in and out of various social cliques, and squeak out of trouble. It laid the groundwork for his stand-up act, which often features mimicry, and gave him an understanding of how comedy can contain various rhythms, depending on the language spoken.

"When you move between different languages what's really fun is you think in a different way completely,' he says. "You explore parts of your personality in a different way."

Sue Carter is the editor at Quill & Quire magazine.

NEW RELEASES

Books that give voice to indigenous culture

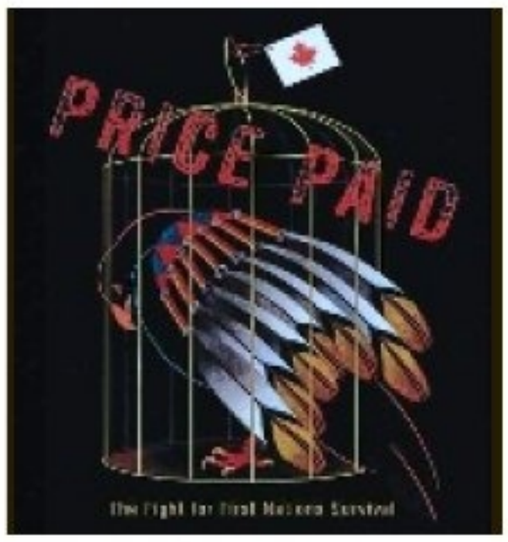


Embers: One Ojibway's Meditations, by Richard Wagamese

Wagamese (author of Indian Horse and 13 other books) explains that the meditations in this beautiful volume have come to him during his morning ritual (involving tea and several sacred objects). Each is less than a page, addressing aspects of stillness, harmony, trust, reverence, persistence, gratitude and joy. They are words to live by and would make a meaningful gift to friends and family who seek a spiritual path. ALL TEXT TORSTAR NEWS SERVICE

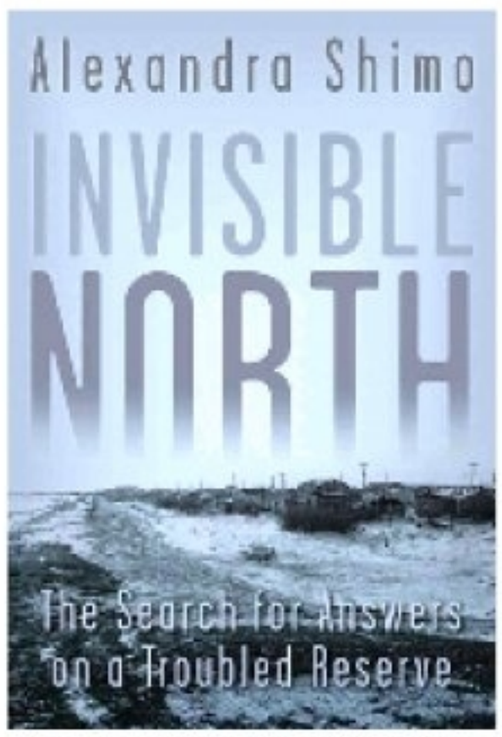
Price Paid: The Fight for First Nations Survival, by Bev Sellars

This bracing alternative history of Canada is told from the perspective of indigenous culture. Sellars, a historian, lawyer and the first elected chief of the Soda Creek First Nation, has a deep knowledge about Canada before "contact" and since. A survivor of the residential school system, she combines personal experience with strong views on how public policy has failed her people.



Sounding Thunder: The Stories of Francis Pegahmagabow, by Brian D. McInnes

Francis (Peggy) Pegahmagabow (1889-1952), an Ojibwe from the Georgian Bay area, is remembered as Canada's most decorated indigenous soldier during the First World War. Brian McInnes (a.k.a. Waabishkimakwa) is Pegahmagabow's great-grandson, an academic at the University of Minnesota. In this labour of love, he interweaves the oral history related by Francis's children with the historical record of the times and a primer on Ojibwe linguistics.

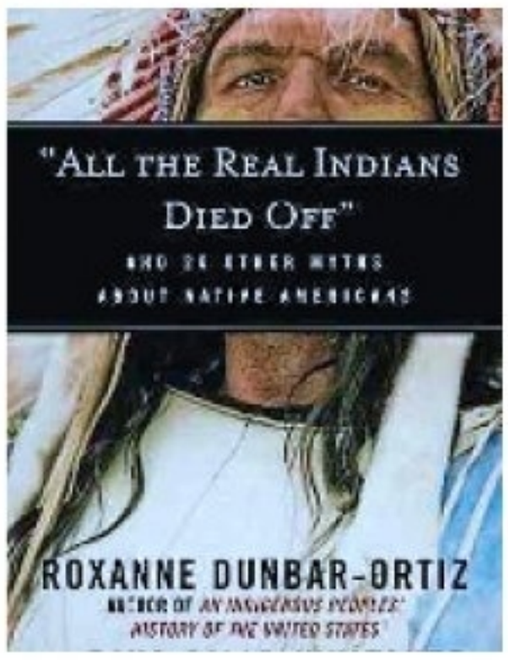


Invisible North: The Search for Answers on a Troubled Reserve, by Alexandra Shimo

In 2010, journalist Alex Shimo visited Kashechewan, a fly-in First Nations community 1,000 kilometres from Toronto, to investigate reports of an infected water supply and teen suicide. The appalling community dynamics she encountered soon took its toll: Within four months, she had unspooled, physically and mentally, and was back in Toronto, where she pulled herself together and made two subsequent trips. Her account of her experiences is part memoir, part gripping exposé, wholly unforgettable.

All the Real Indians Died Off: And 20 Other Myths About Native Americans, by Roxanne Dunbar-Ortiz and Dina Gilio-Whitaker

The myths (not so much "myths" as misconceptions and prevarications) begin with the assertion that Columbus discovered America: In fact, the authors say, Columbus never stepped foot on North America on any of his four trips (though he did rob residents of what we now call the Bahamas and Cuba). Dunbar-Ortiz is the author of An Indigenous Peoples' History of the United States) and co-author Gilio-Whitaker is a journalist, specializing in indigenous studies.



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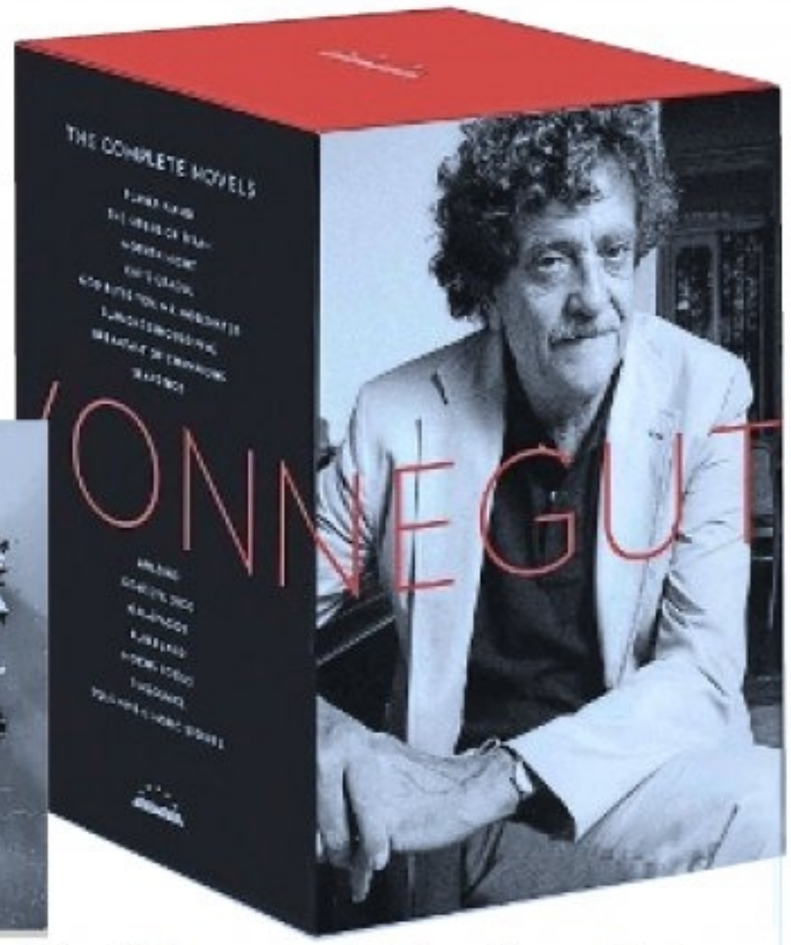
4 SCI-FI READS TO HELP YOU ESCAPE

Mad worlds, some with shopping, others with familiar characters, make up the latest reads for science fiction fans arriving on shelves TORSTAR NEWS SERVICE



Cyber World: Tales of Humanity's Tomorrow

At one point in time, some 20 or 30 years ago, "cyberpunk" seemed the future of SF. Today it's a term that isn't used as much, but only because, as editor Joshua Viola puts it in his intro to this great new anthology, "we live in a cyberpunk world."

Our interaction and codependent relationship with intelligent technology, the directed evolution of humanity by drugs or other forms of augmentation, an inescapable global digital culture, are all part of our everyday reality.

The lively and imaginative stories collected here take us even further into this cyber world, envisioning a diverse future that seems more likely every day.

(Hex Publishers, $14.99, 245 pages)

The Tourist

Fans of time-travel stories and books that require more than one reading to figure out will likely enjoy The Tourist, a novel by Robert Dickinson that encourages such loops.

The setup has it that, in the future, going back into the past has become part of the travel industry, so visitors from the 24th century can take package tours of our own time. Apparently shopping malls are among the most popular destinations, as they are as good a place as any to check out the best our civilization has to offer while getting ripped off by "natives" selling 21st-century junk.

On one such expedition a tourist goes missing. Then it's not clear if the tourist was ever there in the first place. The search for this time-skipping Bunny Lake then turns into a truly baffling political conspiracy involving secret agents, time machines, and various end-of-the-world scenarios. **(Redhook Books, $34.00, 352 pages)**

Normal

Spending a lot of time thinking about the future can be depressing, especially if it's your job.

The strain might even lead to a breakdown, followed by a stay at the Normal Head Institute in Oregon, an off-the-grid and into-the-woods asylum for strategic forecasters and foresight strategists.

Looking into the abyss of what's to come, these people have been granted an excremental vision of the future. Everything is going to pot.

In Warren Ellis's short, parable-like novel Normal, the professional futurist Adam Dearden comes to Normal Head and uncovers a mad conspiracy cleverly concealed among the mad.

If he can clear his head of drugs and avoid any pesky nanobots he may be able to unravel it all and find some answers to important questions about where humanity is headed. **(Farrar, Straus and Giroux, $18.00, 160 pages)**

Kurt Vonnegut: The Complete Novels

Kilgore Trout, a prolific author of paperback SF, is a recurring character in Kurt Vonnegut's writing. Though not commercially successful, Trout's books endure hard use, turning into bundles of paper resembling "lopsided old softball[s], swaddled in different sorts of tape."

If that describes the condition of the Kurt Vonnegut paperbacks on your bookshelf, and it probably does, you might want to treat yourself to this deluxe edition of all 14 of his novels published by the Library of America. Every title is included, along with a nice selection of stories, essays, introductions, and other material wrapped up in a four-volume box set. Vonnegut's attitude toward SF was ambivalent. On the one hand he was aware of how it could become a dangerous drawer for an author to be placed in, "since so many serious critics regularly mistake the drawer for a urinal." He was, however, always drawn to SF as a form of satire. **(Library of America, $186.00, 3,317 pages)**

Lucky Peach cookbook both saucy and swell

RECIPE

Packed with nutrients and plenty of fun, like magazine

If you've ever scanned a copy of Lucky Peach, you'll know the food magazine is edgy and a little strange. There is an entire section on the website dedicated to Edible Trump — a how-to guide for turning steak, candy or raw fish into the likeness of president-elect Donald Trump. There's a lot of swearing. There are also food features, chef profiles, city guides and recipes.

The newly released Lucky Peach cookbook is "98 per cent fun and 2 per cent stupid," in keeping with the tone and ethos of food magazine and website, affiliated with Momofuku's David Chang.

Tart with wholesome chard, from the sometimes irreverent minds behind Lucky Peach magazine and website, produced in their new cookbook. SUPPLIED

Torta di Erbe

Makes 8 slices of Torta

This tart is made with just six ingredients, most of which you likely have on hand. It tastes as healthy and earthy as you might imagine four bunches of Swiss chard to taste. Four bunches looks like a lot of chard but it cooks down into a fraction of its size.

Olive oil dough

- 1/3 cup (80 mL) water
- 1/4 cup (60 mL) olive oil
- 1 tsp (5 mL) kosher salt
- 1 1/2 cups (275 mL) all-purpose flour

Filling

- 4 large bunches of Swiss chard, stems removed
- Kosher salt and freshly ground pepper
- 2 Tbsp (30 mL) olive oil, plus more for pie pan
- 1 cup (250 mL) Parmigiano-Reggiano cheese, finely grated

Directions:

1. For dough, in a medium bowl, add water, olive oil and salt. Stir to dissolve salt. Add flour, 1/2 cup at a time, mixing with a fork until combined. When too stiff to stir, knead into a ball. Transfer to a clean, dry surface and knead until smooth, about 5 minutes. Wrap in plastic. Let dough rest at room temperature for one hour.

2. For the filling, in a large pot over high heat, bring salted water to a boil. Blanche chard until bright green and tender, about 3 minutes, working in batches if necessary. Drain and rinse under cold water. Squeeze using hands to remove excess water. Wrap in clean paper towel and wring to dry, removing as much water as possible. Chop.

3. In a medium bowl, place the squeezed, chopped chard. Dress with salt, pepper and oil. Mix in cheese, tossing like a salad to coat greens.

4. Place a pizza stone or heavy baking sheet, inverted, on the middle rack of a cool oven. Heat to 500 F.

5. In a 10-inch pie pan, add a few drops of olive oil and spread to coat pan. Unwrap dough and cut in half. Roll one ball out on a clean surface until large enough to drape over pie pan with generous overhang.

Spread chard mixture evenly over bottom dough layer. Stretch other dough ball as with pizza dough until large enough to cover pie pan. Drape over chard mixture and press edges to seal. Rip a few small holes to allow steam to escape. Brush a few drops of oil over dough top.

6. Bake on pizza stone or inverted baking sheet in 500 F oven until golden brown, about 15 minutes. Let cool slightly before serving.

TORSTAR NEWS SERVICE

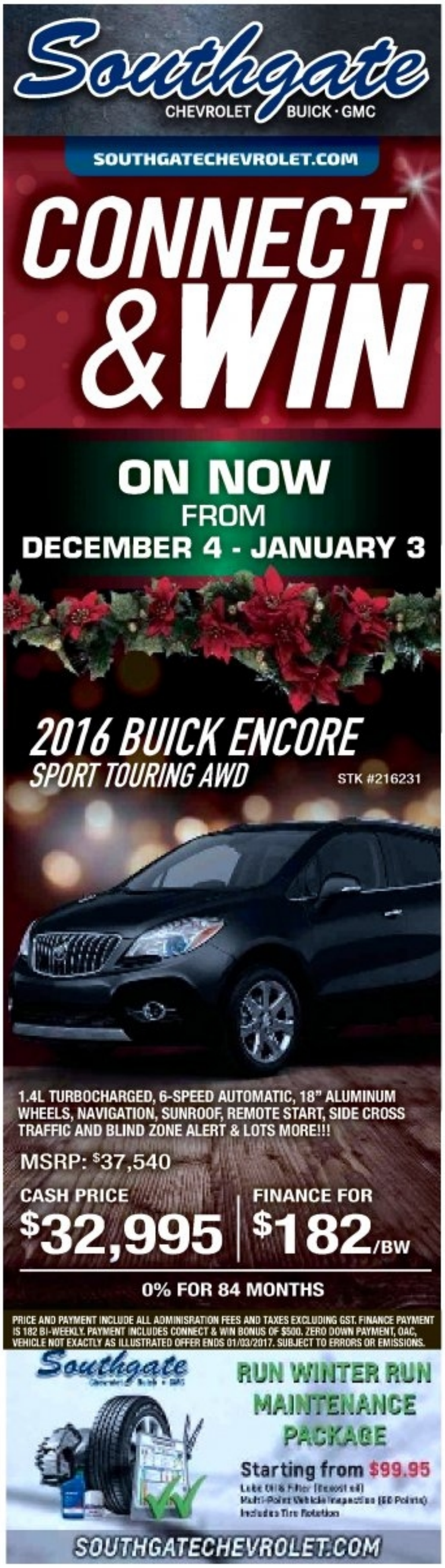
FOOD BRIEFS

Dairy a potential ally in Asia nutrition challenges: UN

An apple a day kept the doctor away — but now in Asia, a cup of milk might do the trick.

Milk and other dairy products have become an unexpected ally in the fight against Asia's newest dietary challenges: obesity, and vitamin and mineral deficiencies, according to a report by the U.N. Food and Agriculture Organization released Tuesday.

With greater political stability and mechanized farming, Asia has made clear strides in taming famine and hunger. THE ASSOCIATED PRESS



Time's 'Divided States of America'

PERSON OF THE YEAR

Greatest influence on events 'for better or worse'

Time magazine on Wednesday named Donald Trump its Person of the Year, bestowing what the president-elect called an "honour" even as he derided the idea that he'll lead "the Divided States of America."

That was a reference to Time's cover line — "Donald Trump: President of the Divided States of America" — that was positioned next to the cover photograph of the president-elect sitting in his private residence at Trump Tower.

"I didn't divide 'em," Trump said on NBC's Today show. "We're going to put it back together and we're going to have a country that's very well-healed."

Time editor Nancy Gibbs said the publication's choice was a "straightforward" choice of the person who has had the greatest influence on events "for better or worse."

Trump climbed from fiery underdog in the race for the GOP presidential nomination to winning the White House and defeating Democrat Hillary Clinton in the Nov. 8 election. Trump won 306 electoral votes, easily enough to make him president when the electors meet on Dec. 19. Clinton won the popular vote.

He won in part by articulating in blunt, populist terms the racial, economic and other factors that divide Americans,

> **I didn't divide 'em. We're going to put it back together and we're going to have a country that's very well-healed.**
> Donald Trump

many of whom have not felt the nation's recovery from recession. Trump stomped campaign traditions and social norms, including by insulting women, Muslims, Republican leaders, a reporter with disabilities and more. He also praised Russian President Vladimir Putin and last week irritated China and broke diplomatic norms by speaking by phone with the leader of Taiwan.

"When have we ever seen a single individual who has so defied expectations, broken the rules, violated norms, beaten not one but two political parties on the way to winning an election that he entered with 100-to-1 odds against him?" Gibbs said.

Clinton was the No. 2 finalist, Gibbs said. She said Clinton "came closer than any woman ever has to winning the White House, and in the process revealed, I think, both the opportunities and the obstacles that women face in the public square."

"The Hackers," ranked after Clinton. Gibbs said that referred to "a new cyber security threat we saw this year of state-sponsored hackers looking to delegitimize an American election." She said this was "something new this year and something very disturbing."

THE ASSOCIATED PRESS

GOSSIP BRIEFS

Crowe won't be charged over Azealia Banks scuffle

Los Angeles prosecutors say they will not charge Russell Crowe with battery over a hotel room scuffle with rapper Azealia Banks.

A charge evaluation worksheet released Wednesday by the Los Angeles County District Attorney's office states Crowe struggled with Banks and threw her out of his hotel room in October after she picked up a glass and threatened people with it. They rejected filing a battery charge due to Banks' actions and her lack of visible injuries. THE ASSOCIATED PRESS

Phelps to get special honour from SI

Although LeBron James is getting Sports Illustrated's Sportsperson of the Year award, Michael Phelps' phenomenal year won't go unrecognized at an event next week.

The recently retired swimmer and most decorated Olympian will get a special honour at Monday's event at the Barclays Center in Brooklyn, New York. THE ASSOCIATED PRESS

Brad Pitt's request to seal custody filings rejected

Brad Pitt intends to seek temporary custody orders and wanted those documents sealed to protect his children's privacy.
GETTY IMAGES

PRIVACY

Agreement calls for therapist guided visits

A judge on Wednesday rejected Brad Pitt's request to seal details about custody arrangements in his divorce from Angelina Jolie Pitt.

Los Angeles Superior Court Richard J. Burdge Jr. denied Pitt's request in a brief written order that states the filing did not meet the requirements for sealing details at this time. Pitt had sought to seal details of his custody dispute with Jolie Pitt at an emergency hearing, but Burdge declined to hear the petition on an expedited basis.

Pitt's motion came two days after the release of a custody agreement that he and his estranged wife reached in late October. The agreement calls for the actor to have visitation with his children under the guidance of a therapist.

Pitt intends to seek temporary custody orders soon, and his filing states that he wanted those documents sealed to protect the children's privacy. He was also seeking the sealing of any custody-related filings.

"I am extremely concerned that if court records regarding custody are not sealed, information contained therein will cause irreparable damage to our children's privacy rights," Pitt wrote in a sworn declaration filed Wednesday.

Pitt's attorney Gary Fishbein declined comment after the hearing.

Jolie Pitt filed for divorce in September and currently has primary custody of their six children.

Her attorneys wrote in court filings Wednesday that Pitt's request was an attempt to shield himself from embarrassing details. THE ASSOCIATED PRESS

I am extremely concerned that if court records regarding custody are not sealed, information contained therein will cause irreparable damage to our children's privacy rights.

JOHANNA SCHNELLER WHAT I'M WATCHING

The rewarding luxury of time

THE SHOW: Westworld, S1, E10 (HBO)
THE MOMENT: The Escape

Maeve (Thandie Newton), a robotic madam, seems to have achieved human consciousness. Now she's busting out of the eerily lifelike Westworld theme park, along with human scientist Felix (Leonardo Nam) and two gunslinger robots, Armistice (Ingrid Bolso Berdal) and Hector (Rodrigo Santoro).

They ride an elevator down to the lab. They traverse a hallway of glass-walled rooms; in them, robots learn to gamble, bathe, have sex. Suddenly, an army of security guards fires at them.

Armistice and Hector duck into a storage room, where scores of naked robots stand. They slit a guard's throat. Armistice grabs his gun. Chortling at its power, she offs several guards.

Ingrid Bolso Berdal, Leonardo Nam, Rodrigo Santoro and Thandie Newton in a scene from the Westworld season finale.
CONTRIBUTED

The foursome barge into a power-generating room, then into another lab. In here, however, the robots are Samuri practicing swordplay.

"What is this place?" Maeve asks.

"It's complicated," Felix answers.

It sure is.

Yesterday I wrote about The Crown's pricey production values. Westworld's budget makes The Crown's look spare. In this single sequence, there are multiple sets, hundreds of precisely costumed extras, elaborate stunts, and CGI. Yet this isn't an exception — every sequence is like this.

Here's the true marker of HBO's financial commitment, though: The network allowed series creators Lisa Joy and Jonathan Nolan to shut down production in the middle of season one so they could craft a richer story. And they won't air season two until 2018, because Joy and Nolan need a year to write.

Extras, costumes, sets, CGI — all are costly. But in TV, the most lavish luxury — and the most rewarding — is time.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

HOLIDAY

Cruz Beckham melts hearts with single

Another Beckham has stepped into the limelight.

Cruz, the 11-year-old son of David and Victoria Beckham, has released his debut single, a holiday-themed pop track titled If Every Day Was Christmas.

Beckham previewed the song Wednesday on Britain's Capital FM. He said the song contained "two of my favourite things: singing and Christmas."

Father David said he was "really proud."

Proceeds from the sale of the single will go to a charity for disadvantaged children.

Cruz Beckham is being managed by Scooter Braun, who shepherded Justin Bieber from teen YouTube sensation to global stardom.

Former soccer star David Beckham and Spice Girl-turned-fashion designer Victoria have three other children: Brooklyn, 17; Romeo, 14; and 5-year-old Harper. THE ASSOCIATED PRESS

From left: Brooklyn Beckham, Romeo Beckham and Cruz Beckham. Cruz, 11, released debut holiday song for charity.
GETTY IMAGES

Herrera says it's an honour to dress any U.S. First Lady

Michelle Obama wore a Carolina Herrera gown to welcome the French president for dinner in 2014. While designers Sophie Theallet and Tom Ford have refused to dress the future first lady, Herrera said she would be honoured if Melania Trump wore one of her outfits. GETTY IMAGES

WHITE HOUSE

Some designers have refused to make outfits for Trump

While a few designers have made news saying they would not dress the future first lady, Carolina Herrera said she'd be honoured if Melania Trump wore one of her outfits.

The famed designer spoke about Trump on the red carpet before she received an honour of her own Monday night from the Women's Leadership Council at Lincoln Center.

Who might dress the wife of President-elect Donald Trump has become an issue after designers Sophie Theallet and Tom Ford, who have both dressed first lady Michelle Obama, said they wouldn't do so for Mrs. Trump, a former model.

But when asked if she would, Herrera said, "Of course I will, as the first lady of this country I will. Of course."

She added, "It is an honour to dress the first ladies of the country and it's something to do for the United States. It's not for myself. It's for the public."

Obama has worn Herrera while in the White House.

Herrera was lauded at the event for her 35 years of fashions by Emmy Rossum and Seth Meyers, among others. Diana Ross sang a mini-concert in Herrera's honour, including hits like Ain't No Mountain High Enough and I'm Coming Out.

Rossum and Meyers both used wedding dress tales to testify about the greatness of Herrera.

The Shameless actress said Herrera, whom she called "the chicest women alive," was the first to design for her on the red carpet, and over the years, helped her get out of her comfort zone.

"She persuaded me to embrace increasingly bolder and brighter prints," Rossum said. "She dared me to stand out."

Rossum said she excitedly called Herrera to design her gown for her upcoming wedding.

"I knew without question that only she could make the wedding dress of my dreams, and she has approached that task with the same care, elegance and enthusiasm that only she can," Rossum said. "I couldn't be more honoured at the thought of wearing her dress on my big day."

Meyers' wife also wore Herrera for their wedding.
THE ASSOCIATED PRESS

It is an honour to dress the first ladies of the country and it's something to do for the United States. It's not for myself. It's for the public.
Carolina Herrera

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2	8	1	5	6	3	4	9	7
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Pharrell and celebs put on the Ritz with Chanel

Pharell Williams and Lily-Rose Depp walk the runway during the Chanel Collection des Metiers d'Art 2016/17 : Paris Cosmopolite show on Tuesday in Paris, France. GETTY IMAGES

KARL LAGERFELD

Designs evoke Cafe Society dresses worn at storied hotel

Pharrell Williams put on the Ritz for Chanel's scintillating mid-season fashion show Tuesday — donning pearls on the Cafe Society catwalk at the restaurant of the newly refurbished Ritz Paris.

The singer, who called the experience "surreal," got cheers as he weaved, in a long tweed coat, between the dinner tables of well-heeled VIPs who included actresses Jada Pinkett-Smith, Willow Smith and Clemence Poesy, as well as singer Vanessa Paradis and South Korean superstar G-Dragon.

Williams was joined on the unusual runway by models such as Cara Delevingne, Georgia May Jagger and Lily-Rose Depp, who wore roses in their hair for the exuberant collection. The fashion lineup featured shimmering, tight-waisted silhouettes with strong shoulders and rendered in navy and off-white with flashes of red and dazzling gold.

The designs evoked the Cafe Society evening dresses once worn at the storied hotel — with glimmering embroideries, sunray pleats and marabou and ostrich feathers.

As ever, the nostalgia was infused with modernity in the form of oversized black bubble jackets and funky, bejeweled necklaces that cascaded down the torso.

The Ritz has a special significance for the fashion house as it's where Coco Chanel used to live.

"It's surreal, as there's so much history artistically. And Chanel is a brand that I respect artistically, so I feel like it makes a lot of sense (to host the show at the hotel)," Williams told The Associated Press.

About his choice of look, he answered simply: "I like pearls."

The mid-season "art et metiers" collection honouring the craftsmanship of the Chanel atelier is held once a year in a special location. In previous years, the Chanel atelier has travelled to Rome, Salzburg, Dallas, Edinburgh, Mumbai and New York.

The one item from the show the famed couturier did not share enthusiasm for were the luxury pastries the dinner guests ate along with tea and "Belle Epoque" champagne.

"I don't eat this kind of stuff," said Lagerfeld, who famously lost 92 pounds in 13 months more than a decade ago. THE ASSOCIATED PRESS

REPUTATION

Show of support for Paris

This year, Chanel designer Karl Lagerfeld said he decided to bring it home to Paris in a show of support for the city that's seen tourism decline after a series of deadly extremist attacks.

"Paris has such a bad reputation with the Paris bashing all over the world ... that I thought it would be fun," Lagerfeld said. THE ASSOCIATED PRESS

metro THE KIT REPORT

#YYC INDEX

The Kit Compact—Canada's beauty and fashion brand—brings you Calgary's best holiday style

FESTIVE DREAMS

We asked three stylish locals to share the #1 item on their wish lists

MELANIE MORAIS, @bornlippystyle

"Nothing says holiday like new PJs. A great silk pair is on my list: You look cute and comfortable at the same time!"

MORGAN LANE X AMANDA FATHERAZI PYJAMA TOP, $402, BOTTOMS, $267, SHOPBOP.COM

ALLANA DAVISON, @allanaramaa

"The Jo Malone Wood Sage & Sea Salt perfume is my top pick for the holiday season. Fragrance makes the best gift, and this scent is absolutely delicious. I hope that I'm on the nice list this year!"

JO MALONE WOOD SAGE & SEA SALT COLOGNE, $165 (100 ML), HOLTRENFREW.COM

ANIA B., @aniab

"Winter is coming, and staying warm is my top priority. I've been following the collab between Canada Goose and Opening Ceremony since the jackets debuted at their NYC show this fall. This is the ultimate cool-girl winter jacket, and the paisley adds a little bit of a Western vibe, so it's perfect for me."

CANADA GOOSE X OPENING CEREMONY COAT, $1,395, CANADAGOOSE.COM

SHOPPING: LIT CANDLES

Seasonal beauties to solve your gifting dilemmas

1. BASALT CANDLE IN SAINT VIOLET, $45, BIBELOTANDTOKEN.COM. 2. NEST FRAGRANCES BIRCHWOOD PINE CLASSIC CANDLE, $56, SEPHORA.CA. 3. CATBIRD TAROT DECK TRAVEL CANDLE, $25, EASYTIGERGOODS.COM. 4. VANCOUVER CANDLE CO. NEIGHBOURHOOD COLLECTION CANDLE IN KITSILANO, $38, VANCOUVERCANDLECO.COM. 5. ACQUA DI PARMA LAVANDA CANDLE, $112, NEIMANMARCUS.COM. 6. LAKE LOUISE BREEZE CANDLE, $10, INDIGO. 7. MUGLER ANGEL ÉTOILE DES RÊVES PERFUMED CANDLE, $98, SHOPPERS DRUG MART. 8. DYNAMITE VANILLE CACHEMIRE CANDLE $15, DYNAMITECLOTHING.CA

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FROM THE EDITORS OF THE KIT compact

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metro HOME
Your essential daily news

'Full House' house scooped up by Full House creator for $4M U.S.

MEET THE CONDO

Rise above in Cochrane

THE RISE IN RIVERSONG

CONTRIBUTED

Project overview

This 38-unit, condominiumized townhome development is built on a hillside offering a beautiful natural setting. All of the units feature heated single or tandem garages as well as options such as dual masters, a main floor den and much more.

Housing amenities

The Rise features a communal fire pit and garden where you can meet and mingle with your neighbours. Every unit comes with an attached single or tandem heated garage, is fully landscaped including trees and shrubbery with full irrigation, and offers visitor parking for your guests.

Location and transit

Bus service available for elementary, middle school and high school, with Bow Valley High School located within walking distance. The Rise is just a five-minute drive to Highway 22, which leads to Highway 1 for a fast commute to Calgary and Canmore/Banff.

In the neighbourhood

Riversong in Cochrane is Calgary area's community of the year for 2016. The Rise looks out over the scenic Bow River valley, which has over 19 kilometres of walking and biking paths, a pedestrian bridge to downtown Cochrane, and over 100 acres of natural reserve lands.

KRISTA SYLVESTER/FOR METRO

NEED TO KNOW

What: The Rise in Riversong
Builder: Jayman Modus
Location: 501 River Heights Dr., Cochrane
Building: These are three-storey above-ground townhomes featuring attached garages
Sizes: 1267 to 1593 sq. ft.
Pricing: From $273,677 to $324,559 inclusive of GST
Suites: Two- and three-bedroom models
Status: 14 units available for quick possession
Sales Centre: 502/503 501 River Heights Dr., Cochrane
Hours: Monday to Thursday, 2-8 p.m., Saturday and Sunday 12-5 p.m.
Phone: 403-981-8797
Website: jayman.com

REAL ESTATE

What's hot on the market

1 NOW SELLING

The Henry by Brookfield Residential: These townhomes on the banks of the Bow River are over 50 per cent sold out and for good reason with beautiful views in the desirable inner city community of Parkdale. Visit the Presentation Gallery 3620 16th St. S.W.

2 UNDER CONSTRUCTION

Radius by Bucci Developments: Just minutes from downtown in the trendy neighbourhood of Kensington, this condo project has all of the essentials and more at under $400,000. Check out the Presentation Centre at 102 4th St. N.E.

3 STILL SELLING

The Guardian by Hon Developments: This high-rise condo project in Victoria Park will be the tallest buildings in Calgary, featuring a mixed-use podium of shared amenities, retail space, live-work units and parking. Visit the Sales Centre at 456 12th Ave. S.E.

KRISTA SYLVESTER/FOR METRO

How plants make life better

GARDENING

From healing faster to helping kids, nature matters

Mark Cullen
For Torstar News Service

A Japanese study suggests that spending time in forests lowers blood pressure, pulse rates and cortisol levels. If you can't get to a forest, many people find having plants in the house and spending time in the garden makes them feel good. ISTOCK

I have only been hospitalized once in my adult life. I spent a couple of days in Toronto East General (now the Michael Garron Hospital) three and a half years ago, recovering from radical prostate surgery, and came to understand why so many hospitalized people just want to go home. Perhaps, with a measure of luck, there are windows at home.

My hospital room had a window that overlooked a bank of air conditioners that whirred endlessly. If I looked out over the HVAC units I could see a street lined with trees.

One tree stood out, not for any particular reason other than it was big enough for me to see from a distance. Its dominance of the horizon impressed me, and I focused on it as I struggled with the pain from a substantial incision.

I would look at that tree and reflect on the time I would spend appreciating trees more deeply when I was released from the hospital.

Plants equal shorter hospital stays

It turns out I am not unique in this regard.

In the early 1980s, a researcher visited a hospital in Pennsylvania and gathered information about patients who had gallbladder surgery. In those days, a gallbladder patient would need a week to two weeks of recovery in the hospital.

According to Adam Alter, assistant professor of marketing and psychology at New York University's Stern School of Business, the hospital had views of a brick wall on one side and on the other, a view of a stand of trees. Other than that, the rooms were identical. "How did patients recover, relative to their physical location?" researchers asked.

You are likely way ahead of me on this and have already guessed that the view of the trees produced the most positive results.

The patients with the view of the brick wall needed, on average, an additional full day to recover.

Consider the math on this and let us assume each of the patients stayed for a full two weeks. The patients who overlooked the brick wall stayed for one extra day. Fourteen days versus 15 days equals a longer stay by seven per cent.

> When I am old and unable to get to places under my own power, I hope someone will wheel me down to the front door of the seniors' home to catch a bus to a nearby forest.

The study goes on to reveal that, by some measures, patients who gazed out at a natural scene were four times better off than those who faced a wall.

Since this study took place at Paoli Memorial Hospital in Paoli, Pa., myriad other studies have proven the same basic principle: we NEED nature. She helps us heal and focus.

Kids and plants

Where kids are concerned, a whole new genre of study and thinking has emerged that supports the concept of "free-range kids."

At what point do we let kids explore nature unfettered by adult intervention? I do not have the answer. I do know kids need the experience of discovering the wonders only nature can bring. I am not advocating irresponsible parenting. I am merely pointing out there are benefits to letting kids explore the world outside four walls and away from computers and without limiting interventions by adults.

Forest bathing

When I am old and unable to get to places under my own power, I hope someone will wheel me down to the front door of the seniors' home to catch a bus to a nearby forest.

In Japan, people have been heading to forests for generations and it is a growing trend today. Shinrin-yoku, or forest bathing, requires people to walk or just sit in a densely wooded forest for extended periods of time. Compared to people who walk through urban areas, forest bathers experience lower blood pressure, lower pulse rates and lower cortisol levels, a marker of reduced stress, a Japanese study suggests.

Experiences with Mother Nature do not provide the perfect upbringing for kids, process for aging or hospital recovery, but they sure can help.

Mark Cullen is an expert gardener, Order of Canada recipient, author and broadcaster. Get his free monthly newsletter at markcullen.com. Look for his new bestseller, The New Canadian Garden, published by Dundurn Press. Follow him on Twitter @MarkCullen4.

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CABINET SOLUTIONS

A space befitting the holidays

TIPS

A few updates can make all the difference in the world

Glen Peloso
For Torstar News Service

Your guests will inevitably end up in the kitchen, so why not embrace it? Repainting cabinets and changing hardware will give the space a fresh new look. ISTOCK

It's beginning to look a lot like the time people start thinking about hosting friends and family in their homes for the holidays — and perhaps wanting to get a new kitchen installed beforehand.

Guess what? That's not going to happen. Renovations require a lot of time, but undertake these five projects now and you'll have a space fit for entertaining faster than Santa can slide down a chimney:

Spruce up the kitchen

No matter where you try to put them, guests always end up in the kitchen — so consider updating it. Paint and hardware date a kitchen, so repainting cabinets and changing hardware will achieve a fresher, modern look.

Changing countertops will have an impact on the whole room and there are a variety of surfaces to choose from: granite, marble and laminate, but natural stone surfaces offer durability. This may also be a good time to replace ancient appliances, so you can pull off a roast beast and side dishes, no problem.

Boost the bathroom

Guests are also bound to visit this room. Paint or wallpaper can subtly or dramatically change the look of the space, while a new faucet in clean and sleek lines can freshen a tired-looking sink and vanity.

Towels can inject a new colour or lend texture with pattern into the room.

To really up your game, consider a self-cleaning toilet. American Standard has come out with the ActiClean toilet that includes a one-minute or nine-minute clean at the press of a button. You may never fret again when unexpected guests drop by.

New furniture

If you want to change your sofa or incorporate some new occasional chairs into your entertainment space, make those purchases now so your furniture can be delivered by holiday time. Think twice at this stage about ordering a custom-created piece of furniture — it can take as long as 10 weeks to arrive at your door.

Another option is buying sample furnishings from showrooms, although this means you'll have to take them the way they look. If the furniture you'll be retiring is in good shape, consider donating it to a Furniture Bank.

Create a focal wall

The dining room warrants a little more attention, since it is really used during the holidays. Use paint or wallpaper to create a focal wall. Then place something you want to highlight on or near this wall — a fantastic artwork or a sideboard.

The idea of a feature wall is to draw focus to something beyond just the wall, so have a compelling reason for the feature.

When it's well done, it can leave your guests thinking you've completely renovated the room since the last time they came to your place.

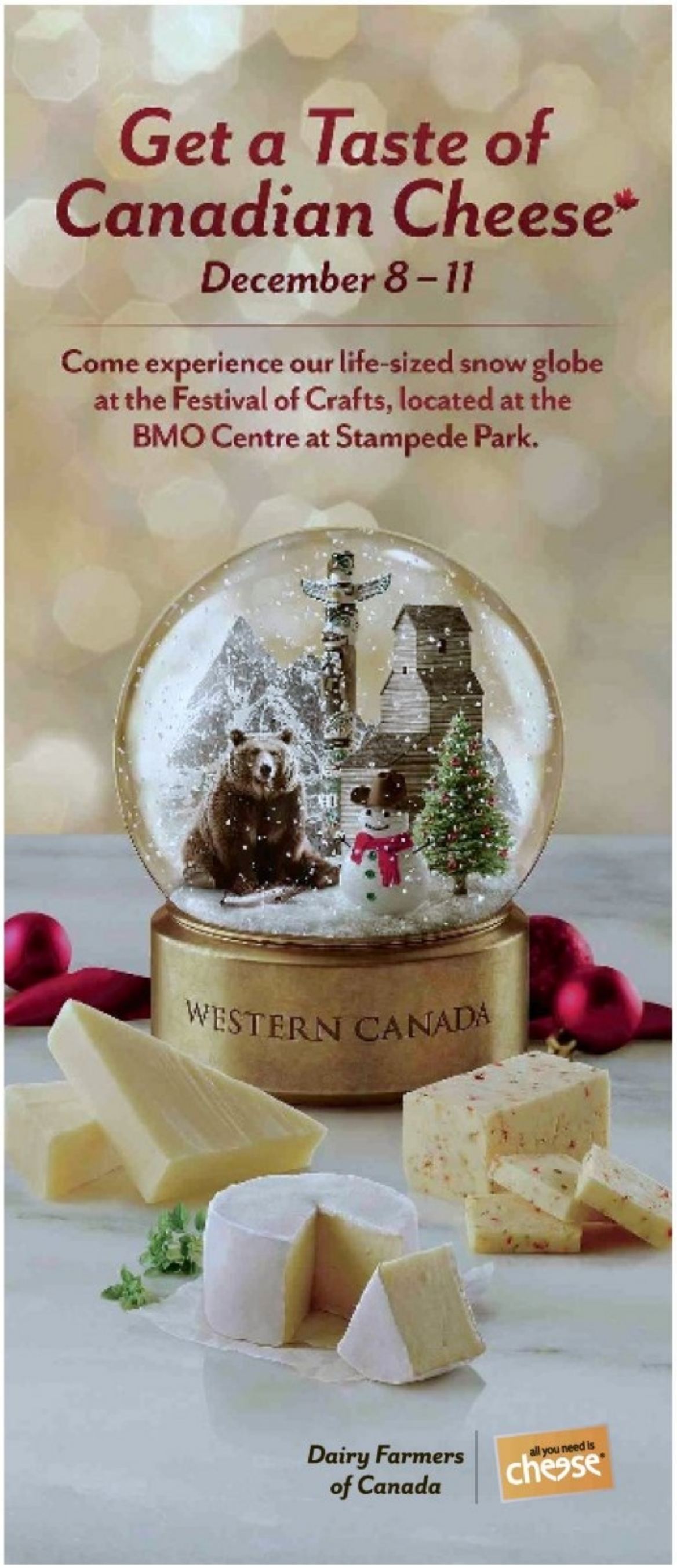
Be prepared

With lots of people coming and going, there are bound to be some messes along the way.

Guests can feel terrible when they accidentally spill or break things in your home, or when slush and debris on the soles of their boots end up on your floors.

Have items such as a wet mop, scrub brushes, paper towels, stain remover, a broom and dust pan, and even a hand-held vacuum cleaner at the ready so you can jump on those little messes quickly, prevent other accidents and keep the party going.

Glen Peloso is principal designer of Peloso Alexander Interiors, national design editor of Canadian Home Trends magazine and a design expert on the Marilyn Denis Show on CTV. Contact him at pelosoalexander.com and follow on Twitter at @peloso1 or @glenandjamie.



CONTRIBUTED

A wow-worthy cheese platter

Impress with a tasty centre-piece for your festive table

Even if you love the holidays, the round of shopping, entertaining and decorating can begin to feel like an endurance test. So when planning for the next holiday get-together, nix the late-night baking sessions and make it easy on yourself by serving a simple but sumptuous cheese plate.

Here's what you need to know to create a showstopper:

Can you ever have enough cheese?
Okay, the answer to that is a resounding no. But as a rule of thumb, cheese experts suggest choosing three to five different cheeses and counting on about 90 to 150 grams of cheese total per person for an appetizer plate; 45 to 60 grams total per person for an after-dinner plate; and 250 grams total per person for a cheese tasting.

Compare and contrast
When it comes to determining what cheese should grace your plate, opt for a variety of tastes and textures. Choose three to five cheeses, including a hard cheese such as Canadian Parmesan, a semi-hard cheese like Canadian Aged Gouda or Cheddar, with a soft bloomy cheese (think a delicately runny Canadian Brie or Canadian Camembert) and perhaps a rich veiny Canadian Blue, a nutty Canadian Swiss Cheese or a smoked cheese.

Add a little oomph
Savoury nuts, marinated olives, cured meats or sun-dried tomatoes will add colour and variety to your plate. And the sweetness of honey, dried fruits, fig jam or chutney and plump grapes, sweet berries or crisp slices of apple or pear make a fine complement.

Room to breathe
Set your cheese out at room temperature at least 30 minutes prior to serving to let the flavours develop. Allow space between the cheeses on the plate and provide a separate serving knife for each to avoid muddling the flavours. Make it easy for guests to identify their favourites by labelling each cheese. And carve a few slices to get the ball rolling, as guests may hesitate to be the first one to, well, cut the cheese.

To Cheddar and beyond

There was a time when the most exotic cheese you were likely to find on your grocery-store shelf was a sharp cheddar. But in recent years, Alberta cheesemakers have been pushing the envelope with a range of fine cheeses. Here are a few local cheese stars and their mouth-watering offerings:

- *Latin Foods (Calgary): Queso Fresco, Queso Paisa and Queso Duro.*
- *Sylvan Star Cheese (Blackfalds): Goudas (2015 Canadian Cheese award winners Aged and Smoked Goudas), Edam and Gruyère.*
- *Tiras Dairies Inc. (Camrose): Feta (2015 Canadian Cheese award winner).*

Where Canadian Tire gets its name

CONTRIBUTED

ISTOCK

This time of year, Calgarians will be flocking to their local Canadian Tire to pick up ornaments, gift wrap and a variety of other holiday necessities.

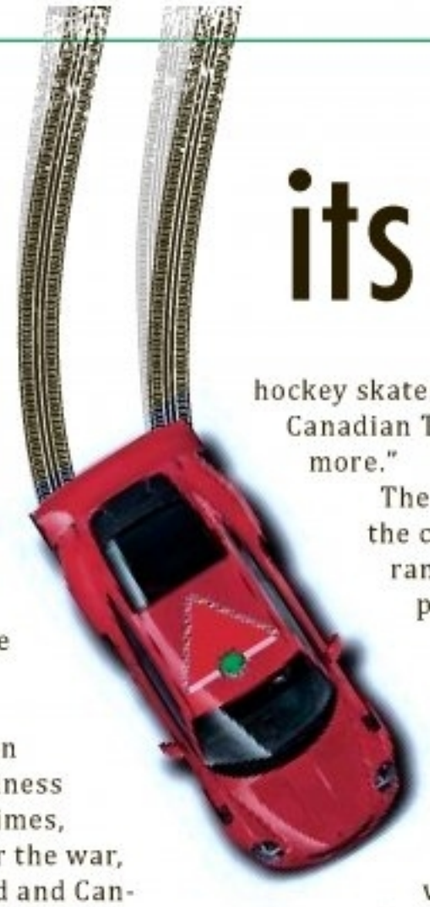
But while those products come and go with the season, one thing you'll notice on the shelves — now, as always — is more than a few tires.

As anyone can tell from their name, tires are a big part of Canadian Tire's history.

Today, new sets of wheels get mounted at the store's 5,614 bays across the country, but it was almost 100 years ago that the Billes brothers founded the company with the simple goal of selling tires.

"It was the beginning of a legendary partnership between the Billes brothers J.W. and A.J.," writes Daniel Stoffman in Living the Canadian Dream: How Canadian Tire Became Canada's Store. "In 1922, The Billes brothers ventured into the automotive business. Their modest firm, Hamilton Tire and Garage, morphed into a national retail chain, Canadian Tire Corporation."

"Through the Roaring Twenties, Great Depression and World War II, the business adapted to the changing times, grew and prospered. After the war, Canada's economy boomed and Canadian Tire boomed with it. Canadians bought automobiles and built houses in the suburbs. They needed auto parts and accessories, household goods, hockey skates and garden supplies. Canadian Tire supplied all that and more."



The 500 Canadian Tires across the country supply a wide range of tires, competitive pricing and warranties.

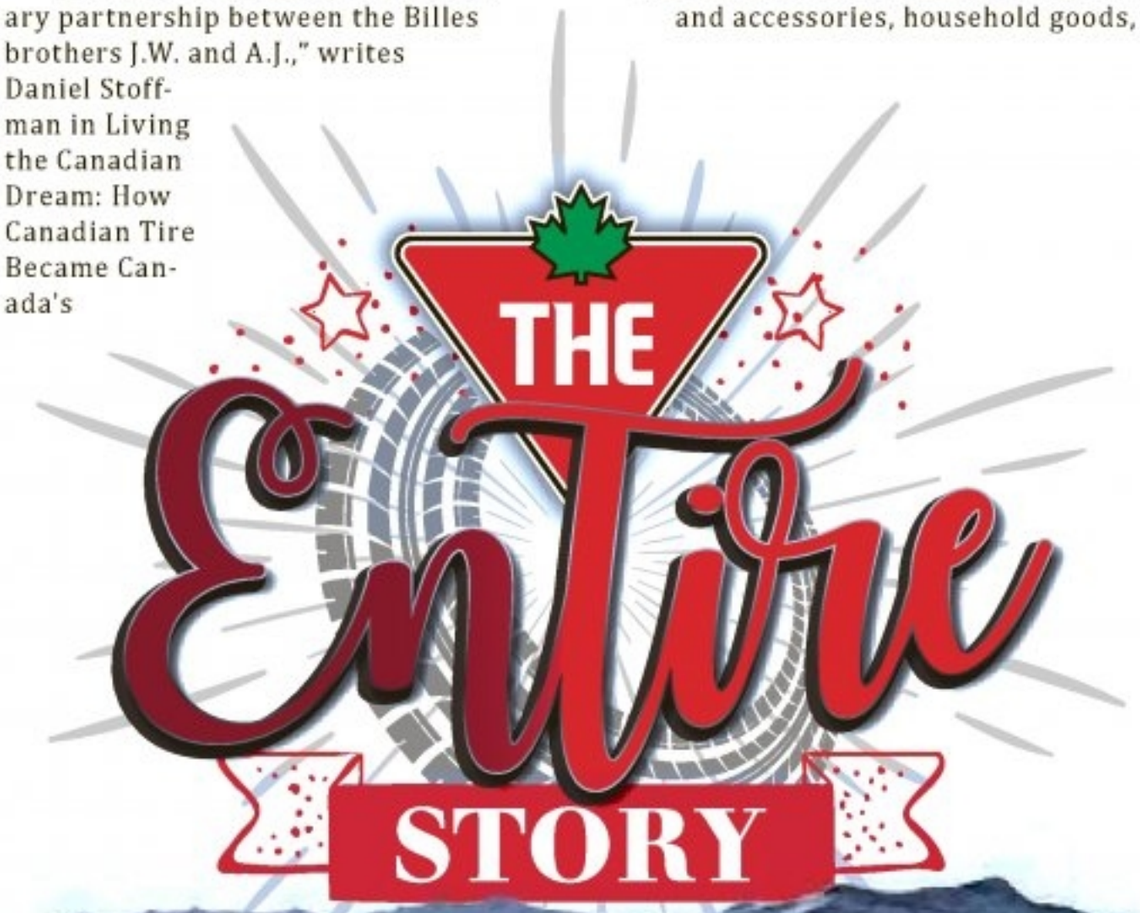
In vehicle service bays across Canada, everything from a Prius to a Porsche can be handled.

"With the demands and performance of vehicles changing, so does the demands of the tires to be able to deliver the performance required by the consumer," says Matt Honeywell, the auto service manager at the Canadian Tire Store at 9940 Macleod Trail SE. "At Canadian Tire we have the advanced tire equipment and training to install all makes and models."

Those include everything from imported and domestic passenger cars and trucks to high-end sports cars.

Canadian Tire has the specialty equipment to mount low profile (as low as 20 profile), large rim diameter (13-24") rims, and the equipment to mount run-flat tires. "Whether you need a set of all-season, winter, performance or mud tires, Canadian Tire can install them," says Honeywell.

This year, while picking up holiday items for the family at your lowcal Canadian Tire, take a look at the aisles of their namesake offering, and consider buying your vehicle a present too.



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CANADIAN TIRE

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"That's never been our mindset to coast at any point": QB Dak Prescott on his playoff-bound Dallas Cowboys

Delivering a weak punch

UFC 206 Pre-fight workout

Saturday's card has many Canadian fans wanting more

Joe Callaghan
Metro | Toronto

Anthony Pettis spars during a UFC 206 workout in Toronto on Wednesday. EDUARDO LIMA/METRO

How different things might have been.

Toronto's Massey Hall was sleepy and hollow Wednesday at lunchtime as the first foray of UFC 206 fight week summed up so much. As Anthony Pettis — one half of the headline act of the organization's first pay-per-view card on Canadian soil in almost two years — took centre stage, there were barely 60 souls inside the grand old venue.

Had original plans come to fruition, the place would have been packed to the rafters. When the UFC announced its return to the Air Canada Centre in August, the expectation was this would be the new regime welcoming back an icon of the past.

The UFC had been sold for $4.2 billion in the summer, and as much as Conor McGregor and Ronda Rousey's wild popularity had helped drive up the record price tag, the founding fathers played their part too, none more than Georges St-Pierre.

Now the man behind the initials GSP would finally be returning front and centre. St-Pierre, who hasn't fought in three years, enrolled in USADA's drug-testing program which, as it happened, would have made him eligible to return by this Saturday. There were just contractual negotiations to navigate.

And then nothing happened.

Talks were fruitless, barriers insurmountable. The UFC instead announced Daniel Cormier would put his light heavyweight title on the line against Anthony (Rumble) Johnson in the main event of a fight card that was shallow on names and left fans deep on reservations. There was even a social-media push for a boycott.

Two weeks ago Cormier got injured, a new main event was fabricated from thin air and things went from bad to worse to Wednesday — the eerie emptiness inside Massey Hall. All of this in a country and city that five years ago shattered the sport's record when 55,724 fans packed into the Rogers Centre for UFC 129.

> **Unfortunately I think for this event, there will be more viewers for the prelims than the pay-per-view.**
> Olivier Aubin-Mercier

"It's unfortunate that Rumble and Cormier couldn't fight, but I don't know if people were quite excited about that anyway," said Mark Hominick, the retired UFC fighter who served as GSP's supporting act on that historic 2011 card. "Behind the scenes, the UFC were definitely hoping to have Georges. That would have been such a highlight for Canada, to come back in Toronto and headline a home card. That would have been huge."

Instead Pettis and Max Holloway are headlining a card that has left many questioning the relationship between Canada and the UFC. In short, it's complicated.

The new regime hasn't done much to inspire confidence north of the border, laying off almost the entirety of its Canadian office including its well-liked chief, Tom Wright. The country's most high-profile competitor, B.C.'s Rory MacDonald, was allowed to jump ship to rival organization Bellator. Now comes a pay-per-view that many fans consider barely above free-to-air Fight Night standard.

It's all a world removed from the turn of the decade when the UFC held nine Canadian PPVs in the space of three years. There have been just two in the three years since.

But, according to Hominick, Canada hasn't quite been holding up its part of the bargain either.

"Georges leaving was huge, and no one has really stepped up to fill that void," he told Metro. "There was so much pride with being Canadian and having Georges represent us. What we need is to get a new crop of stars and get behind them."

It was perhaps best summed up by one of Saturday's home-based fighters. Olivier Aubin-Mercier was asked yesterday about being booked for the preliminary card, which airs on TSN, rather than the usually much higher-profile pay-per-view portion.

"I like to be on the prelims because all my friends and family don't have to pay the pay-per-view," said the Quebec Kid. "Unfortunately I think for this event, there will be more viewers for the prelims than the pay-per-view. Even if the main fighters are a really interesting fight ... the pay-per-view is going to get hit."

How different things might have been.

UPSTART CANUCKS

Three Canadians who could step up in the post GSP/Rory MacDonald vacuum:

Misha Cirkunov

Undefeated in three UFC fights to date, the Latvia-born Torontonian is a bona fide prospect at light heavyweight. A victory over Nikita Krylov on Saturday could spur big things.

Chad Laprise

Laprise rebounded from back-to-back defeats with an impressive TKO win in Vancouver in August. Now the London, Ont., striker hopes a move up to welterweight will pay dividends.

Elias Theodorou

The Mississauga, Ont., middleweight talks a great game and, other than a solitary defeat last December, has largely backed it up. The Spartan will likely return to the octagon in Halifax in February.

McCaffrey ready for his 'next step', the big leagues

NCAA

Stanford's agile, versatile running back eyeing the NFL

After gaining more than 6,000 yards the past two seasons, setting an NCAA record and finishing as the runner-up last year in the Heisman Trophy balloting, Christian McCaffrey was ready for his next challenge.

McCaffrey announced Wednesday that he will skip his senior season at Stanford and enter the NFL draft.

"I'm ready," he said. "My body is in the position it needs to be in to go out there and play at the next level. I've had some success in my college career." McCaffrey, the son of longtime NFL receiver Ed McCaffrey, talked extensively with his father and other family members, as well as coach David Shaw, before making his decision. He announced it by releasing a long statement on Stanford's website titled "My Next Step," before holding a news conference.

> **I put a lot out there and I think I'm ready for everything.**
> Christian McCaffrey

McCaffrey said he made the announcement now so the decision wouldn't overshadow Stanford's upcoming Sun Bowl appearance against North Carolina on Dec. 30. McCaffrey said he plans to return to school to get his degree.

He said he's dreamed of playing in the NFL ever since he was the age of 6 and he believes his all-around talents will suit the NFL game well. "I think I put a lot out there and I think I'm ready for everything," he said.

Despite his prolific numbers in college headlined by breaking Barry Sanders' record for all-purpose yards in a season with 3,864 yards in 2015, some doubters have questions about whether the six-foot, 200-pound McCaffrey can handle the rigours of the NFL as a featured back.

Shaw, who coached in the NFL as an assistant for nine years and has served as a draft analyst for NFL Network, finds that laughable, pointing out the numerous times McCaffrey ran through tackles in college and used his strength routinely to turn four-yard gains into 8-yard runs.

Then there's the speed and elusiveness that made McCaffrey such a big-play threat in college and has Shaw comparing him to stars like LeSean McCoy, LaDainian Tomlinson and Marshall Faulk. Shaw said he'd be surprised if McCaffrey was not taken in the first round.

"There are a lot of teams right now that are licking their chops for a guy who is a Swiss Army knife of a human being," he said.

McCaffrey rushed for 2,019 yards and eight scores, added 645 yards receiving with two more TDs and had 1,200 yards and two TDs as a returner in 2015 when he lost the Heisman to Alabama's Derrick Henry and was selected as AP Player of the Year.

THE ASSOCIATED PRESS

Stanford running back Christian McCaffrey. EZRA SHAW/GETTY IMAGES

CFL

Mitchell and Stamps dominate All-Stars

The Western Division champion Calgary Stampeders led all CFL teams with nine players named to the league's all-star team on Wednesday. Pivot Bo Levi Mitchell was the lone unanimous selection in voting by the Football Reporters of Canada and head coaches around the league.

The nine selections were a franchise best for the Stampeders, who set their previous high with eight selections in 2010.

Other Calgary players included running back Jerome Messam, offensive guard Spencer Wilson, offensive tackle Derek Dennis, defensive end Charleston Hughes, defensive tackle Micah Johnson, defensive back Jamar Wall and cornerbacks Tommie Campbell and Ciante Evans. The B.C. Lions were second with six players named.

Bo Levi Mitchell
THE CANADIAN PRESS

THE CANADIAN PRESS

IN BRIEF

Silvers for Canuck swimmers

Canada raced to a pair of silver medals at the world short-course swimming championships on Wednesday. Kylie Masse of LaSalle, Ont., picked up one in the women's 100-metre backstroke, the event in which she won bronze at last summer's Rio Olympics.

And Yuri Kisil, Markus Thormeyer, Michelle Williams and Sandrine Mainville raced to second place in the mixed 4x50 freestyle relay.

THE CANADIAN PRESS

Jones loses at the National

Winnipeg skip Jennifer Jones dropped an 8-3 decision to Switzerland's Binia Feltscher on Wednesday at the National.

Jones, who's coming off a Canada Cup victory last weekend, gave up three points in the opening end and four more points in the fifth. Scotland's Eve Muirhead defeated Edmonton's Kelsey Rocque 8-3 and Allison Flaxey of Caledon, Ont., posted a 6-5 win over Tracy Fleury of Sudbury, Ontario.

THE CANADIAN PRESS

CHAMPIONS LEAGUE

Dortmund bests Madrid in Group F

With a late equalizer by substitute Marco Reus, Borussia Dortmund drew 2-2 with defending champion Real Madrid on Wednesday to win Group F and set a scoring record of 21 goals in the group stage of the Champions League.

Karim Benzema netted in each half to give Madrid a 2-0 lead, but forward Pierre-Emerick Aubameyang pulled the German side closer in the 61st and Reus struck the equalizer in the 88th.

Dortmund finished the group with 14 points, two more than Madrid.

Cristiano Ronaldo was scoreless for the fourth straight time in the Champions League.

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CONSOLATION

Madrid matched its 34-game unbeaten streak that had stood since the late 1980s.

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PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Taking fall's super star veg — pumpkin — in a savoury rather than sweet direction yields one of our most luxurious pastas.

Ready in 20 minutes
Prep time: 20 minutes
Serves 4

Ingredients
- 500 g pasta
- 1 Tbsp olive oil
- 2 shallots, diced
- 2 cloves garlic, minced
- 1 Tbsp fresh chopped sage, plus more for garnish
- 1/4 cup ricotta
- 1 cup pumpkin purée
- 1 cup chicken broth
- fresh grated nutmeg to taste
- Salt to taste
- 1/4 cup water
- 1/2 cup Parmesan cheese, plus more for garnish

Directions

1. Cook pasta according to directions. Once al dente, reserve 1/4 cup of the cooking water and draim.

2. While pasta cooks, heat olive oil in a large skillet over medium heat. Add shallots, garlic and sage and cook until tender, 5 to 7 minutes.

3. Add the ricotta, pumpkin purée, chicken broth, nutmeg and a pinch of salt; stir until combined.

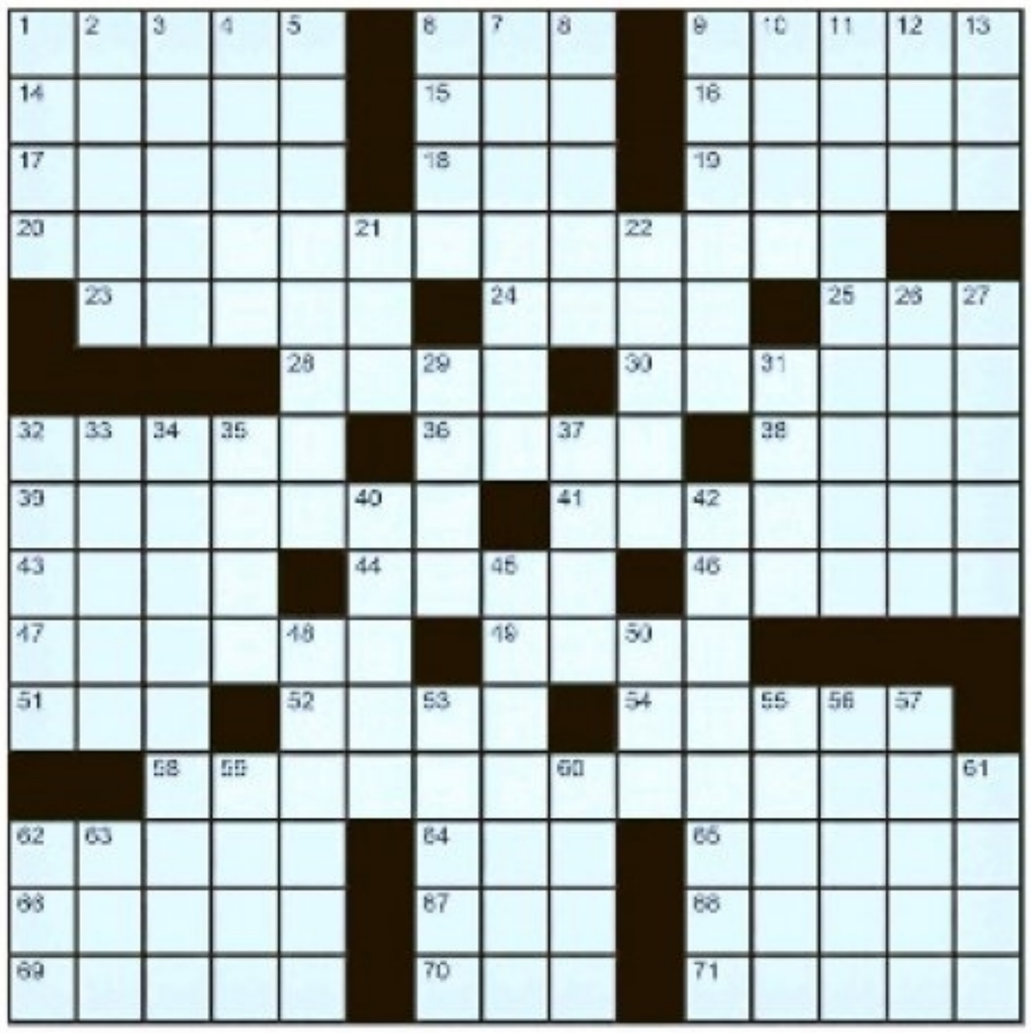
4. Stir in pasta and coat with sauce. Add reserved pasta water to thin sauce to desired consistency. Mix in Parmesan cheese.

5. Serve pasta with sprinkling of Parmesan cheese and chopped sage.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Cramp
6. Ship's stern
9. Got Z's
14. __ couture
15. Quarrel
16. Real estate listings
17. Those in the know, __ circle
18. Rapa __ (Easter Island)
19. "West Side Story" (1961) character
20. Canadian journalist (b.1938 - d.2005) who anchored "ABC World News Tonight": 2 wds.
23. Merle Oberon title role film of 1941
24. Ms. Moore
25. "Gimme a __!" (Wait!)
28. Tea service piece
30. Green-on-copper
32. Theatrically shows approval
36. "Coach" star, Jerry Van __
38. Rime
39. Discounted
41. Pasta consistency with a bit of a bite: 2 wds.
43. Mr. Sharif
44. Meddlesome [var. sp.]
46. Not yet established
47. Red-suited Christmastime workers
49. Eyeliner of ancient Egypt
51. Mr. Barrett of early Pink Floyd
52. Gem type
54. Antelope of Africa
58. Town in Quebec on the Richelieu River: 2 wds.
62. The blahs
64. Matterhorn, for one
65. Bert's pal
66. Cake shop 'levels'
67. Hall & Oates
68. Architectural base
69. "In case you __ noticed..."
70. Currency in Japan
71. Fishhook line

DOWN
1. Transport
2. Comic strip square
3. Like your uncle's wife
4. War horse
5. Most in the mood for Christmas
6. "Rule, Britannia" composer
7. Metal castings factory
8. String
9. Ms. Twain, Canadian music superstar
10. Lengthy
11. Air-affecting discharges
12. Dog or cat
13. US airport screening org.
21. Skull section
22. Urge forward
26. Related maternally
27. Symbol on a computer keyboard's 6 key
29. Taro root
31. And so...
32. Christianity symbol
33. Catriona __ __ Doan (Canadian Olympian/broadcaster)
34. Like a rusty car sitting out in the middle of nowhere
35. Component
37. Boxing match ender, informally
40. Come to pass as a consequence
42. Lack of shine
45. Sunny yellow - Cloud white ...and what other 'up there' hue?: 2 wds.
48. Painter or sculptor
50. "And I Love __" by The Beatles
53. Gisele's football hubby Tom
55. Item worn in the kitchen
56. Jack of "Twin Peaks"
57. Feared tool at the dentist's office
59. The Byrds' repetitive song title word!
60. Stratford-__-Avon
61. Boat's stability provider
62. Ordinal suffix
63. Ms. Long

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Today the Moon is in your sign, magnifying your emotions. Keep this in mind if you start to overreact to something going on around you or to something someone says.

Taurus April 21 - May 21
Work alone or behind the scenes, because this will suit you best today. You are ambitious right now. However, you should wait to get all the facts before you take action.

Gemini May 22 - June 21
A personal discussion with a female acquaintance will be meaningful for you today. In fact, this person might influence you to change your future goals.

Cancer June 22 - July 23
Personal details about your private life seem to be public knowledge today, especially in the eyes of bosses and VIPs. Do you need to do some damage control?

Leo July 24 - Aug. 23
Do something to expand your world and give yourself a sense of adventure. Go someplace you've never been before. Shake things up a little!

Virgo Aug. 24 - Sept. 23
Today is a good day to focus on financial matters related to inheritances, shared property, taxes and debt. Clear up loose details if you can.

Libra Sept. 24 - Oct. 23
Because the Moon is opposite your sign today, you have to be cooperative with others. Be tolerant. Be compromising. At the very least, listen to what others have to say.

Scorpio Oct. 24 - Nov. 22
Do something to make yourself feel better organized and more on top of your game. Tidy your work area. Make some proactive lists. You want to get back in the game!.

Sagittarius Nov. 23 - Dec. 21
This is a playful, lighthearted day. Enjoy romantic liaisons with others. Fun activities with children will delight. The arts, sports events and social occasions are great choices.

Capricorn Dec. 22 - Jan. 20
Home, family and your private life are your top priorities today. A conversation with a female relative will be important.

Aquarius Jan. 21 - Feb. 19
Trust your hunches today. Instead of thinking things through, you might have a feeling about what you should do. Sometimes, this works better.

Pisces
Feb. 20 - March 20
Finances are on your mind today, and that's a good thing. It's important to know what you own and what you owe, because information is power. Get the facts so that you are in the know.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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		9				5		
		2	8	4	6	1	9	

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